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# Minnesota Vikings

34/46

Tony Dungy

## PHILOSOPHY OF DEFENSE

Our main objectives on defense are to keep our opponent from scoring and to gain possession of the football for our offense with good field position. The "BEST" defensive unit in the National Football League is measured by the number of points scored against it. TEAM DEFENSE is the product of everyone's BEST EFFORT. Each player must know his assignment and carry out his assignment in order that the defense may function as a unit. The primary consideration is for our defense to take the ball away from our opponent in one of two ways:

1. Force them to give up the ball on downs.
  - A. Hold our opponent to 3 yards or less on first down.
  - B. Eliminate mental errors and resulting big plays.
  - C. Play TEAM DEFENSE and eliminate big plays.
  - D. TACKLE.
2. Force a turnover.
  - A. Knock the ball loose by gang tackling - force a fumble or strip the ball.
  - B. Pressure the QB to throw early - INTERCEPTION.
  - C. Cover receivers tight to make the QB hesitate -- SACK, FUMBLE or INTERCEPTION.

As we successfully achieve these two objectives, our ultimate goal of limiting the number of points scored against us will take care of itself.

## RUN DEFENSE

Our goal is to keep the gain to a minimum and prevent a long run. Any long run can be traced to the defense being "split," missed tackles or improper pursuit. It is essential to our defense that every man STAYS ON HIS FEET! To accomplish this, you must:

1. SEE the blocker.
2. NEUTRALIZE him - move your feet.
3. LOCATE the ball.
4. SHED the blocker - move your feet.
5. ATTACK the ball carrier and tackle aggressively.
6. KNOCK HIM BACK.

We must win on first down by allowing three yards or less. Our success in doing this will depend on how well we tackle. We must meet the ball carrier near the line of scrimmage and stop his forward progress. Always KNOCK HIM BACK.

## PASS DEFENSE

is starts by combining pressure on the passer with jamming and disrupting the timing of receivers and their patterns. We must communicate to be effective in pass coverage. "TALK" code words, "BALL" call and "Hand Signals" are the responsibility of everyone in our secondary. Our basic theory is to mix man to man and zone coverages in pass situations. This, along with varying our secondary alignments, will create uncertainty for opposing QB's and receivers. Nowhere is the concept of TEAM DEFENSE more evident than in pass defense. The coordination between pressure on the passer by our line and tight coverage by our secondary will produce interceptions, sacks, and the ability to control our opponent.

## TEAM DEFENSE

A lot of things are necessary to have a great defensive football team.

1. INTELLIGENCE - know your defensive assignments.
  - A. Eliminates the possibility we might "beat" ourselves.
  - B. To play our best, other team members must have confidence in you and they must feel that you are a "team player." Getting blocked is one thing, but getting the other 10 men beat simply because you don't know what to do is inexcusable.
  - C. Eliminates any reason for hesitation. You can be a confident player.
2. SOUND TECHNIQUE - work hard to perfect defensive techniques with practice.
  - A. Perfect your techniques to the point that they are instinctive reactions.
  - B. Work extra on your weaknesses.
3. AGGRESSIVENESS - be mentally and physically tough.
  - A. Defensive football always has been and always will be a test of contact courage. Ability alone will not be enough. The surest way to win is to physically defeat and intimidate your opponent. Go after them every down --- challenge your opponent.

4. **INTENSITY** - play hard every down.

Everyone must play to the level of their ability. Our AVERAGE football players have to play GOOD, our GOOD football players have to play GREAT, and our GREAT football players have to play GREAT EVERY DOWN. "Making the team" is not enough. "Contributing to a GREAT DEFENSIVE TEAM" has got to be our goal.

## **THE APPROACH TO SUCCESSFUL TEAM DEFENSE**

### **A. WORK**

While we feel that there are many things which can contribute to a successful team defense, by far the most important is for all defensive players to be fundamentally sound in the techniques of their individual position. No matter what our defensive alignments or philosophy, our defense will be only as strong as the individuals that make it up. Each player must constantly strive to improve the individual techniques he must perform. A team plays the way it practices. Each practice should be a challenge for self-improvement in some phase of defensive technique. We want our defensive personnel to be analytical and recognize the areas where they need work. We want them willing to spend extra time on their weaknesses. Remember -- practice does not make perfect --- only PERFECT practice makes perfect. Practice with as much "game-like" tempo as possible - at all times.

### **B. VARIATION ON DEFENSIVE DESIGN**

Our defenses are so designed as to provide our front line with sound variations in location and intensity of charge and also variation in numbers of rush men.

Our secondary is also provided a variation of pattern. Pass defense includes man for man, zone and combination coverages. If our backs execute coverages properly, we will present problems to the offensive QB's and receivers. We expect that by performing these different maneuvers, we shall create doubt in the players' minds as to the type of coverage to expect; thus reducing the number of pass patterns that a QB has confidence in using. We shall also vary our support pattern on running plays. This enables us to destroy the organization of a run; thus causing confusion which can cause an offense to lose its poise and assurance.

### **C. ATTITUDE**

We must develop an attitude that nothing will keep us from becoming the BEST. We as a team will do "whatever it takes" to achieve our goal - Winning the Championship. Within the pattern of our defense, YOU make the play that sets the tempo for our defense. To be the

best, we have to be aggressive. But in doing so, we have to have an intelligent approach. We must be a team that attacks and forces errors by relentless pursuit. We must punish the ball carrier by converging and swarming.

Football is a test of man's mental and physical toughness. Ability alone is not enough. The success of our defense requires your DEDICATION, CONCENTRATION, and a PRIDE in our unit. Make a commitment to these goals and you will be a part of a great Minnesota Vikings defense.

## DEFENSIVE SCORING

The margin of winning in many close games has been the result of the defense scoring by:

1. Intercepting a pass and returning it for a touchdown.
2. Recovering a fumble with a run back for a touchdown.
3. A Safety.

To intercept a pass or recover a fumble close to their goal line often means the difference in a close game. To have their offensive plans backfire can be a damaging blow to a team and sometimes leads to total collapse. When the turnover ratio is on the plus side, YOU are playing winning football. The greatest contribution a defensive unit can make to the team is to create a turnover and score; or at the very least, change the momentum of a game in our favor.

## ADVERSITY SITUATIONS

In virtually every game, our defense will be faced with several difficult situations. The way we handle these three or four plays, or perhaps series of plays, will usually determine the outcome of the game. These "Adversity Situations" fall into several categories:

1. Our opponent has possession inside our 15 yard line.
2. Our opponent has gained possession in excellent field position (50 yard line to goal line) through an interception, fumble recovery, long return, or blocked kick.
3. The last two minutes of the half or game and we are protecting the lead.

The way a team responds to these situations is an indication of an attitude. The Minnesota Vikings approach will be to accept these trouble situations as a challenge and an opportunity to show our defensive greatness. Through concentration and a commitment to a meaningful plan, we will be able to overcome these "Adversity Situations" and control the outcome of the game.

Our plan for handling "Adversity Situations" successfully will commonly be referred to as our "1-A Plan" and is comprised of four basic elements:

### 1. ONE PLAY AT A TIME

- A. Assignment
- B. Alignment
- C. Aggressiveness

In an "Adversity Situation" each player must take the four elements of "1-A" and apply them to his own performance to ensure the success of our entire defense.

### 1. ONE PLAY AT A TIME

Each individual on the defense must play the next play as the most important play of the entire game. To prevent them from scoring requires your total concentration and intensity on the next play only.

#### A. ASSIGNMENT

Each player must know the specific detail of his assignment when he leaves the huddle.

#### B. ALIGNMENT

Everyone must line up exactly where our defensive call requires that you be.

#### C. AGGRESSIVENESS

On the snap, carry out your responsibility aggressively! DO NOT BE CAUTIOUS and concerned that you might break down and hurt the defense and your teammates.

The success of "1-A" requires the dedication and concentration of each member of our defensive unit. A commitment to this plan will ensure that the Minnesota Vikings defense will meet the challenge of any "Adversity Situation" and will enable us to determine the outcome of every game in which we play.

### TACKLING - WEAPON OF THE DEFENSE

Each offensive team in the National Football League has various weapons it will use to help them achieve victory. It may be their running or passing game or even a combination of both. However, the defense has only one weapon and that is their ability to tackle.

The ability to tackle well can be developed through the understanding and application of sound fundamentals and techniques. We will work every day in practice to improve these skills, both as individuals and as a team.

There are several different forms of tackling, but each consists of three basic elements:

1. Approach
2. Contact
3. Follow Through

## **1. APPROACH**

This involves your movement to the ball carrier and gathering yourself to explode into him. This requires concentration on the runner. You must use your eyes and pick a spot on your opponent. Keep your eyes open and your head up. As you approach him, get close to him and "step on his toes." Too often a missed tackle is the result of being too far away from the ball carrier. Your feet must be as wide as or wider than the ball carrier's hips to ensure a good base. Flex your knees and lower your hips to get under control and to put your body in a position to strike.

## **2. CONTACT**

In a game, we want to get the ball carrier down any way we can. But when the opportunity to make a great hit is there, we want to punish and intimidate our opponent. Explode up through the runner, club your arms around him and grab cloth. It is often the second man on the tackle who causes the fumble. We want to take something out of our opponents on each play and wear them down. A ball carrier can only take so many hits before fatigue sets in, and then he is more vulnerable to fumble(s) and less likely to make a long run.

## **3. FOLLOW THROUGH**

To follow through effectively requires concentration and intensity. Explode through the runner to his backbone. Continue to drive your legs forward to stop the ball carrier's forward momentum and knock him back! Pin the runner to the ground and separate him from the ball.

## **TACKLING TECHNIQUES**

There are three basic tackling techniques that we must master to be a great defensive team. Each player will find it necessary to execute all of these techniques at one time or another.

## 1. CHEST TACKLE

This technique is used most frequently when the ball carrier is confined to a small area. Attack the ball carrier square, driving your chest and shoulder (numbers to numbers) up and through his chest. Club your arms around the runner and "grab cloth".

## 2. SHOULDER TACKLE

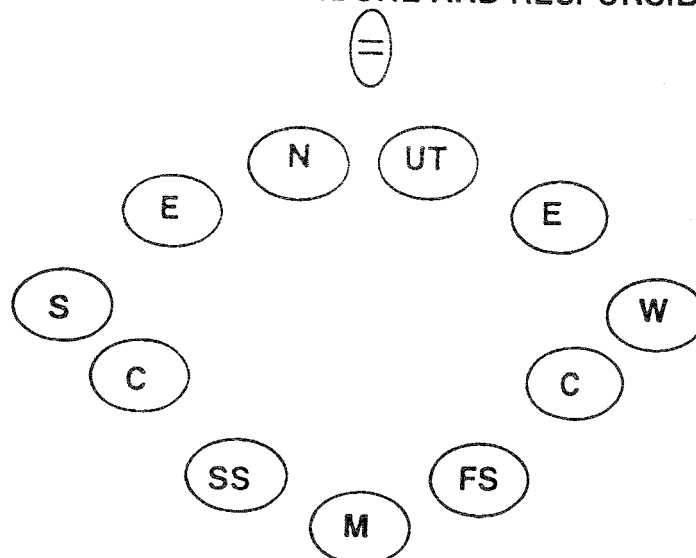
This technique is one that everyone must master. It requires concentration on both the ball carrier and where he is carrying the ball. From a position directly in front of the ball carrier, strike the runner with your shoulder that is opposite the side of the ball and "grab cloth".

## 3. ANGLE TACKLE

This technique is used by everyone in many situations throughout a game. As you approach the ball carrier, you must concentrate on him. Pick a spot on the hip that is the closest to you and give the runner only one way to go. Take one more step and strike the ball carrier with your near shoulder on his hip. Club your arms around the ball carrier and "grab cloth". When making an angle tackle on the sideline, use the sideline to your advantage. By coming under control and maintaining leverage on the runner, the sideline becomes our twelfth man on defense.

The final ingredient to becoming a great tackler is you! Commit yourself to improvement every day in the basic techniques of APPROACH, CONTACT and FOLLOW THROUGH. Adopt the attitude that you will make every tackle yourself and that you will personally "set the tempo" for our defense. The successful combination of these techniques and attitude will enable our defense to control each ball game and ensure a Minnesota Vikings victory.

## BASIC HUDDLE PROCEDURE AND RESPONSIBILITIES





## FORMATION OF HUDDLE

Form huddle quickly - do not be the last man.

Keep a constant huddle - Nose Tackle and Under Tackle form huddle on ball. The shape and hands on knees appearance is the responsibility of each individual.

Free Safety - step in and give Down and Distance. Example: "2nd and 8".

Strong Safety - alert to offensive personnel in game.

Signal Caller - does the TALKING. All others listen! Look at him. Signal Caller talks straight out - not up in the air or down at the ground. See everyone.

## PROCEDURE FOR CALLING THE DEFENSE

Our defensive call will consist of 2 to 4 segments:

Front  
Line Technique  
Coverage  
Additional emphasis and responsibility within basic coverage

## BREAKING THE HUDDLE

1. After completing the defensive call, Signal Caller will say: "READY-BREAK". Unit will clap hands on "BREAK".
2. After break, turn and face offensive huddle, align in approximate position for defense called. Be looking at the offense as they break the huddle. If possible, Strong Safety will identify what offensive personnel are on the field.
3. Free Safety recognize and call out the offensive strength and signal. To open side, call support to outside linebacker. "Roy" - Strong Right; "Lou" - Strong Left. Strong Safety call support to closed side OLB. (NOTE: QB's "Echo" safeties support call by signal).
4. Mike: Make "closed" call to identify location of TE only if significant.

### EXAMPLE #1: UNDER COVER 2

1. Under describes the front, alignment, charge & run responsibility.
2. 2 describes the coverage.

**EXAMPLE #2: BLAST - COVER 30**

1. Blast describes the type of line aggressiveness on snap of ball.
2. 30 describes the coverage.

**EXAMPLE #3: OVER - 3/2**

1. Over describes the front alignment.
2. 3/2 describes the type of coverage used.

**DEFENSIVE CALLS RESPONSIBILITY**

One of the linebackers will be designated as our defensive signal caller. The **defensive signal caller's responsibility** is:

- Call of base defense (front line) and pass coverage.

The **free safety's responsibility** is:

- Down and distance - make sure that the total defensive unit is aware of defensive situation.

The **strong safety's responsibility** is:

- Personnel alerts

**OTHER DEFENSIVE CALL RESPONSIBILITIES:**

Outside Linebackers:

- Formation recognition / motion recognition
- Any alignment change of defensive end his respective side.
- TE aligned off the ball - Y off call.

Mike (Middle Linebacker):

- Location of tight end (closed right/left)
- Any alignment change or Stunt change of defensive front - "Check it"!
- Repeat pass coverage call
- Motion recognition

## Defensive Secondary:

- Free Safety must call strength of formation (Roy/Lou) and any strength change. Call out pass coverage - especially "double digit" coverages. All others repeat call or use hand signals.
- Call out support responsibility - responsibility of both the strong and free safety at corners. Outside linebackers echo call - signal it. (Strong safety - closed support; Free Safety - open support.)

## Defensive Checkoffs

- a. Recognition of "Exotic" formations and any coverage change associated with those formations are the responsibility of everyone.
- b. Linebackers and deep backs - communicate. You must relay the coverage change both by audible and visual signals. As a secondary, we must make certain that everyone knows the defense we will play. Eliminate any possible mental error by talking to each other.
- c. Inside linebacker will make the call to change our front stunts or games. The call will be made by giving an audible signal - "CHECK IT" - to alert our line and linebackers to the change.
- d. All changes must occur quickly! This requires concentration and communication by everyone. Remember, we have no secrets on defense.
- e. If motion across formation and no change of strength, Free Safety call "Stay Lou," "Stay Lou" or "Roy". If shifting and no change of strength, Free Safety call "Stay Lou," "Stay Lou" or "Roy." If shifting and change of strength, Free Safety call "Check it Lou," "Check it Lou" or "Check it Roy."
- f. If TE changes sides (not motion), Mike will "reset" defense to start all over with closed side and new strength.

## INTRODUCTION

ILB-1

The linebackers in our scheme have more adjustments than any other position on defense. Consequently, you must be prepared to study more and spend the extra time necessary to know your assignments and adjustments.

The following are important to you as a player and to your team.

1. Study - you must put in extra time off the field.
2. Concentrate - in meetings and on the field.
3. Intensity - when on the field, be intent.
4. Consistency - don't be up and down. Be consistent. Be a player that the coaches can count on.
5. Mental toughness - fight through adverse situations. Don't get down.
6. Physical toughness - you must report in condition and stay in condition.
7. Be a Hitter - don't be a grabber. As a LB, you must be a good tackler and knock the pile back.
8. Hustle - hustle is desire. It has nothing to do with ability.
9. Be unselfish - it is a team game. Don't put yourself above the team.
10. Be a Competitor - don't ever give up. Competitors bounce back and are winners.

**MIKE AND WILL TECHNIQUES**

1. BASE - head up on offensive guard on bubble side.
2. STACK B - outside leg of offensive tackle.
3. STACK C - outside leg of offensive tackle. Used when Sam LB is bumped out.  
Ex: Trips - Cover 2 and 8 for Mike LB.
4. STACK A - inside leg of offensive guard.
5. WEAK A - "A" gap on past the center.Ex: Doubles or Triples - Cover 3 for Mike LB.
6. G - outside leg of offensive guard.
7. TAN - head up on offensive tackle.
8. QN - outside defensive end on L.O.S. Ex: Over defense.
9. BACKER - straddle outside leg of "H" back in double formation.
10. HIP - outside foot of "H" back aligned off the L.O.S. Ex: Will LB vs. double in Cover 3.
11. SEAM - split the difference between offensive tackle and #2 vs. double formation. Ex: Peel to Double out in Cover 2.
12. BOX - aligned inside foot of #2, re-route and play W/W. Ex: Peel to Double outside in Cover 3.

## AREAS ON FIELD

ILB-3

It is important to know your field drops and landmarks when dropping on pass defense.

THE NUMBERS - Landmark is numbers which in most cases will be referring to the flat responsibility. Widest as the widest can also mean a numbers drop.

HOOK - one yard outside the hash.

SLOT - area halfway between numbers and hash.

THREE RECEIVER HASH - referring to the hash to the side of the 3 receivers.

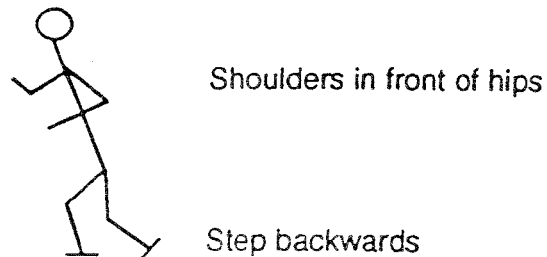
## INDIVIDUAL SECONDARY TECHNIQUES

- I. **GENERAL INFORMATION:** The basic requirements that you will need to play in the secondary are:

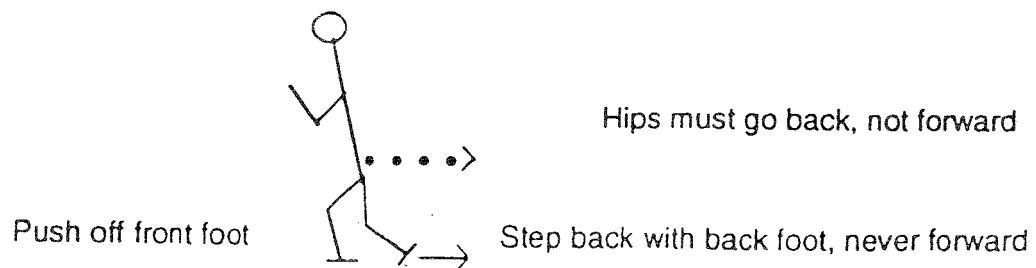
- A. **DESIRE** - You must want to be the very best at your position.
- B. **SPEED** - You must report in peak condition and fight to maintain this condition through the year.
- C. **CONCENTRATION** - You must know your responsibility and completely direct yourself to doing your job.

- II. **BACKPEDAL:** The basic technique that you must know, use and master when covering an offensive receiver is the Backpedal.

- A. Your ability to backpedal with maximum speed, to adjust your body position without crossing your feet and to be able to change direction as quickly as possible is essential for you to play in our secondary.



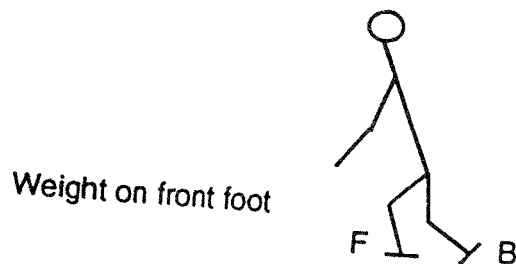
- B. Start - If you do not start by taking a step backward with your back foot, you will seriously handicap your ability to cover. Push off the front foot and step back with your back foot. Do not be in a hurry to get your shoulders up. If your back foot comes up, you will lose two steps in coverage and be forced to get out of your backpedal much sooner.



- Push off front foot
- Step back with back foot
- Allow your shoulders to come up gradually
- Never step up with back foot

### C. ELEMENTS OF A GOOD BACKPEDAL

1. Stance - Your outside foot is up, the weight is on this foot. This foot would be placed directly under your nose as you lean forward. If it is in this position, the center of your weight will be directly over that front foot. Bending at the waist, allow your arms to hang down in a relaxed manner.



- Outside foot in front on nose, not shoulder
- Weight on front foot
- Bend at waist
- Allow arms to hang in relaxed manner

2. Sprint - You should now be running backwards. Do not push with your feet, but actually reach back with each step and pull your body over your feet just as you would if you were running forward. You must learn to bend your knees so that your feet will be able to extend back past your hips. In order to run backwards, you must keep a slight forward lean with your shoulders. Move your arms in a normal relaxed running fashion.



Proper position



Poor position

- Step backwards
- Keep shoulders ahead of hips
- Move arms in normal running manner



3. Change of Direction - You should now be able to run backwards in a straight line. The next step is to be able to change the angle of your run without crossing your legs. To keep in your backpedal, you must swing around with the leg opposite the direction that you wish to go. This is a movement that is difficult to master and will require much practice, but by using this technique, the offensive man will not be able to turn you.

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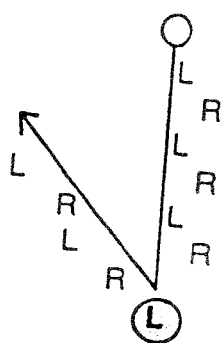
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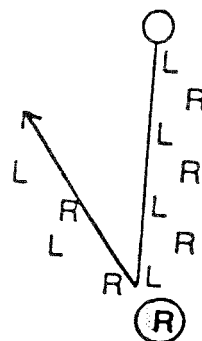
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- Know the angle you need to take
- Swing the leg opposite the direction you want to go
- Do not cross your legs

4. When you are forced to leave your backpedal, you must learn to roll over the leg in the direction that you care to go. Throw your shoulders and hips in the direction that you need to go, rolling over that leg. Rarely push off the foot that is away from the desired direction.



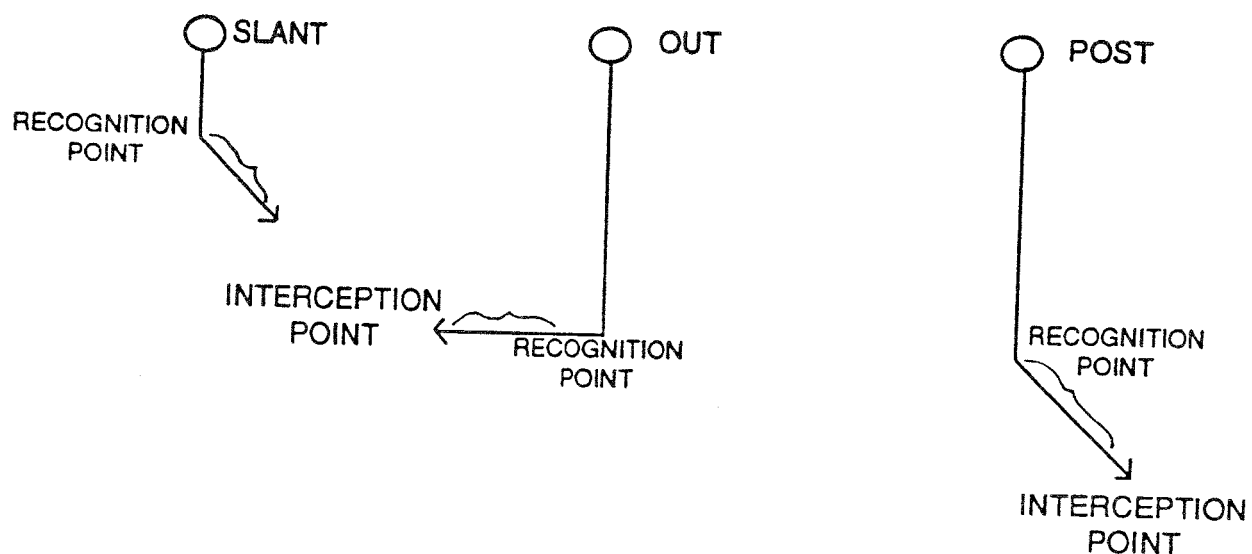
ROLL OVER THIS FOOT



PUSH OFF THIS FOOT

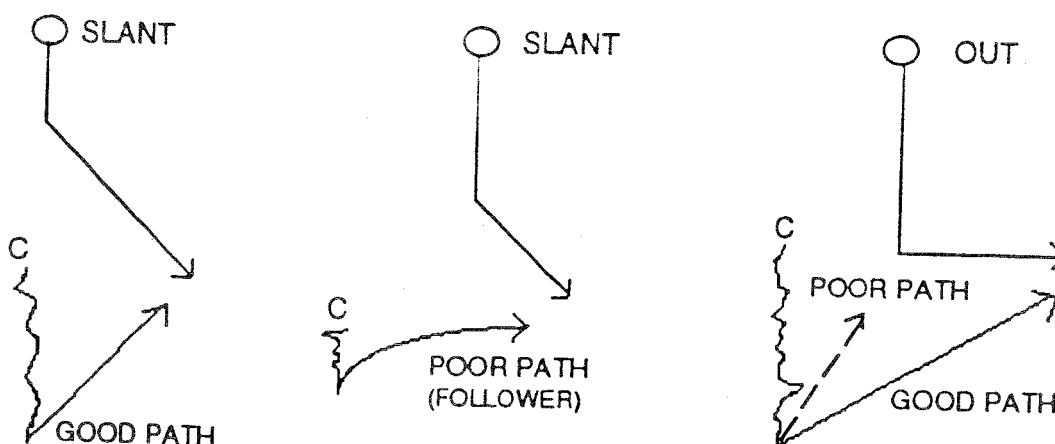
## PLAYING THE PASS

- A. After you can recognize each pattern, you must learn where the ball will usually be caught by the receiver. This point is known as the INTERCEPTION POINT. It is usually a point six yards in front of the receiver at the moment you recognize the pattern.



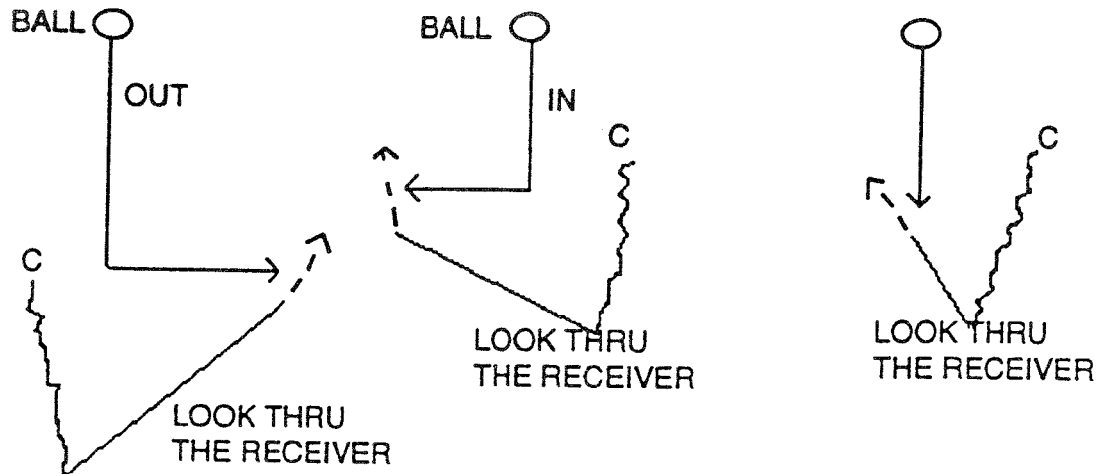
## B. INTERCEPTION POINT

1. After you recognize the pattern, drive to the interception point.
2. If you understand where the interception point is, you will be able to go there in a straight line usually arriving ahead of or at the same time as the ball.
3. Failing to understand the interception point will cause you to continually be a follower on patterns that you should be able to cover.

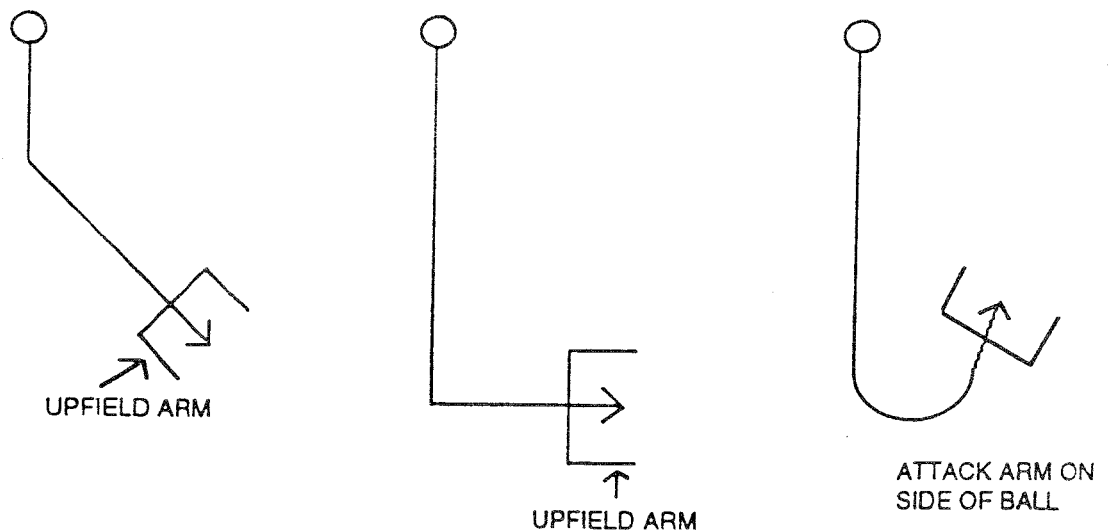


## C. HOW TO PLAY THE BALL

1. It is essential in man to man coverage that you always see the man that you are covering as you look for the ball. Never look away from the receiver for the ball.



2. If your receiver is going to catch the ball and you have no chance to intercept or deflect the pass, make certain that you tear away the upfield arm. This is the arm that is the farthest from the flight of the ball. Remember, an incomple- tion is just the same as a running play that has failed to gain a yard.



## PASS DEFENSE CHECK POINTS

### QUICK REFLEXES

Quickness is nearly everything on pass defense. When we refer to quickness, we mean the quickness of your hands, your feet, your eyes and every reflex needed to cover a "race horse" receiver. We are not referring to speed in the sense of a man running fast for 100 yards in a straight line, although such men might also have quickness. Therefore, when we refer to your quickness as a defender, we mean the ability to move your body, or parts of it, from one place to another more quickly than the next man in a restricted area of the football field. You have been told how you can improve your quickness. It is up to you to work on it.

### STANCE

1. A proper stance will help you to be physically and mentally alert.
2. Don't become careless in taking your stance. Work for "cat-like" reflexes.\
3. Position of body and arms:
  - a. Knees bent
  - b. Hips are lowered
  - c. Weight on forward foot and balls of feet
  - d. Shoulders forward
  - e. Hands hanging loosely
  - f. Eyes focused through receiver and on the QB
  - g. Alert, but relaxed

### FOOTWORK

1. Practice running with knees inward and looking over the inside shoulder. This is similar to an outfielder when going after a long drive. Develop the ability to sprint when running this way.
2. Every defensive back on our team can improve his recovery and reactions by being LOWER. Exaggerate your lowness.
3. Avoid crossing feet, stumbling, taking extra steps, as the result of your footwork. WHEN A BACK FALLS OR STUMBLES, IT IS THE RESULT OF POOR FOOTWORK.
4. When backpedaling, LEAN FORWARD, so that your shoulders are OVER YOUR FEET. Do not lean backward, because you cannot stop or turn quickly.
5. Practice your shuffle and glide steps from side to side. DON'T GET TURNED TOO SOON.

6. Don't get turned on the FIRST FAKE and don't go for the FIRST FAKE.
7. Don't misjudge deep passes. THIS IS AN ART and must be practiced. You don't get enough of this work. A good rule to follow is to take one extra step before you commit yourself to go for the ball. Watch the ball all the way and ONLY the ball.
8. When covering an OUT use the proper footwork. DON'T LOSE GROUND because of improper footwork.
9. Practice running backwards every day so that you can improve. LEARN SOMETHING every day to make you a better pass defender.
10. NEVER let anyone get behind you. This is the WORST mistake you can make.
11. Corners must take advantage of the sidelines. If the ball is on the hashmark and you are covering a receiver who is stationed near the sideline, face INWARD with your INSIDE foot back. In this way you can view the entire offense and still see your man.

#### APPROACH & POSITION

1. When corners are playing a HITCH, force the receiver INSIDE. Don't go for the inside fake, and have him turn outside of you where there is no help.
2. When playing an OUT make sure you go through the receiver from the OUTSIDE IN.
3. Move up close on 7 and 8 man blitzes so the quarterback cannot complete the short passes. We have been guilty of lining up too deep and then retreating.
4. You have been told the PROPER POSITION for EACH TYPE OF PASS THROWN. Maintain this proper position on the receiver and you will be able to increase your effectiveness.
5. Remember the position you maintain on the receiver must always allow you to maintain VISION ON THE PASSER.
6. Never let the receiver get closer than three yards.
7. When playing an OUT, IN AND OUT, OUT AND IN, CURL, STOP, HITCH, and you have approached from the inside, remember you can reach across FARTHER by using your INSIDE arm. In addition you have more force to knock the ball DOWNWARD.
8. Force men FORCE THE RUNNER INSIDE on wide plays and make him cut back where you have help.
9. When a receiver fakes, merely drop back another step, but do not decrease your speed or get TURNED. Try to keep an OUTSIDE angle on receiver.

10. You can get TOO CLOSE as well as you can get TOO FAR.
11. The distance you play from your man varies with HIS ABILITY, plus down and yardage. Usually receivers that do not have great speed and depend upon faking to get open are bothered by being played CLOSE.
12. BUMP a receiver occasionally to make him aware of what is coming next. When you decide to CUT HIM DOWN make sure you don't miss and let your safety know you are going to cut the receiver so he can play the man tighter.
13. If a receiver is coming at you full steam, you must give ground rapidly. Don't let him catch you WAITING for a move. Learn to JUDGE his approaching speed.
14. Get in the habit of covering your receiver closely and staying tight on him. HOUND HIM ALL OVER THE FIELD. You will find that it is actually easier to cover this way once you get the practice. IF YOU PRACTICE PLAYING HIM LOOSE, YOU WILL PLAY THAT WAY IN THE GAME.
15. Once you start up to stop a play -- you must be aggressive and NOT HESITANT.
16. When going after the ball and you have the receiver covered, but are directly behind him, try to keep one arm on each side of the receiver as you go THROUGH HIS SHOULDERS to the ball. Since almost anything is allowed if you play the ball, the defender should go through the RECEIVER'S SHOULDERS AND GO FOR THE BALL rather than the arms, or try to tackle.
17. When covering "S" or "W" on a Slant or Post you must NARROW your angle. You may have him covered, but will be two yards away with the same alignment unless you GET IN HIS PATH AND NARROW YOUR ANGLE. You then force the receiver to shorten his course and as a result present the quarterback with a different picture. As a result you are in a BETTER POSITION TO COVER. This applies primarily to the corners.

## TACT POSITION

The tact position is the correct position a defender should have on a receiver.

Your relationship to the receiver should be a 2-3 position -- Two yards outside (lateral) and three yards vertical depth when covering.

ALWAYS REMEMBER, THE POSITION YOU HAVE ON A RECEIVER IS EVERYTHING ON PASS DEFENSE. In certain situations, depending upon down and distance, the tact position will be 1-2 -- One yard outside (lateral) and two yards in vertical depth.

THE MOST DIFFICULT POSITION TO MAINTAIN IS THE VERTICAL POSITION. More defenders are better because of this than any other factor.

-- position on the receiver while you are covering, and the ball is in the air, is known as the FLIGHT POSITION.

## MENTAL ASPECTS

1. Don't worry about pass completions, but think only of stopping or intercepting the next one. If you must give ground, allow it between the 20 yard lines. Remember the field of play will narrow and give you move advantages while restricting the offensive area inside the 20 yard line.
2. EXPECT OFFENSIVE ERRORS AND BE MENTALLY ALERT AND READY FOR THEM AT ALL TIME.
3. A good defensive back must have confidence in himself and the players next to him.
4. A GOOD DEFENSE WILL WIN THE CLOSE GAMES.

## TEN COMMANDMENTS OF PASS DEFENSE

1. WATCHING THE TEAM WHILE IN THE HUDDLE and as they break from the huddle.
2. CALLING INFORMATION and its direction, and calling proper force.
3. Lining up in the correct place with the proper alignment.
4. Calling the individual responsibility or the zone responsibility, KNOWING WHEN YOU HAVE HELP and how to use assistance.
5. Indicating, when called upon by the coach, your play responsibility, whether pass or run.
6. RECOGNIZING AND CALLING out the pass pattern.
7. Getting correct position on the receiver and maintaining that position.
8. Moving in for the pass interception and playing only the ball.
9. Yelling "Fire" for the interception.
10. Blocking for the interception. Don't look back for someone to block, but knock down the nearest opponent. The deep backs should get a block on every interception.

## SUMMARY OF FOUR ELEMENTS

If you have these four, we should have a strong pass defense.

1. RECOGNITION of the formation and where to line up.
2. Knowing the individual RESPONSIBILITIES or the zone responsibility.
3. Getting into POSITION ON THE RECEIVER.
4. Moving in to INTERCEPT the football.

## ZONE

1. Be as DEEP as the DEEPEST and as WIDE as the WIDEST man in your zone.
2. Always keep your receiver far enough IN FRONT so you can see through to the passer.
3. Never break until the ball is thrown.
4. In zone coverage, carry a receiver approximately 5 YARDS and do so cautiously. Watch for a crossing man into your zone.
5. If two men come into one defensive man's zone, the defender is responsible for the DEEPER man of the two.
6. If you see two men coming into your zone, yell "HELP, HELP, HELP."
7. Don't worry about short passes being completed in front of you. They may bring first downs, but the LONG ONES WILL BRING THE TOUCHDOWNS.
8. Stop the "HOME RUN" pass. There is no reason for this type of pass being completed against a zone.
9. Look THROUGH THE RECEIVER into the passer on any zone defense. There is NO NEED to switch in a zone.
10. All deep backs and LINEBACKERS in a zone should see the ball leave the passer's hands. You should not be turned before a minimum of 15 yards.
11. TALK - TALK - TALK. This will improve your coverage and allow for the necessary cohesion among the deep backs. REPEAT EVERYTHING THREE TIMES and LOUDLY so that it can be heard.

## ZONE ADVANTAGES

1. Stops the "HOME RUN" pass.
  - a. Cardinal rule of zone is to never let a receiver get behind the defender; this helps stop the long TD pass.
  - b. Drop-back action of zone defenders makes it less possible than in other types of coverage.
2. The zone defense is SIMPLE TO LEARN because the defender:
  - a. Has an area to cover rather than an individual.
  - b. Plays the ball from the time it leaves the passer's hand.
  - c. Is not distracted by receivers' action as much.



3. The defender in the zone has a clear picture up front which allows him to:
  - a. Diagnose running plays from pass plays.
  - b. Diagnose pass plays from running plays.
4. The zone pass defense has good depth which helps keep the secondary from committing themselves forward.

#### ZONE DISADVANTAGES

1. SHORT ZONES ARE USUALLY OPEN for pass to complete all types of short passes.
2. An AREA IS LEFT BETWEEN THE LINEBACKERS AND SECONDARY when the deep backs start retreating immediately because the linebackers cannot drop back fast enough.
3. DELAYED passes are EFFECTIVE against a zone.
4. HOOK passes and FLOOD passes are EFFECTIVE against a zone.
5. AWAY ACTION PASSES and RUNNING PASSES are effective against a zone.
6. All types of SCREENS and DRAWS are EFFECTIVE against a zone defense.
7. Unless experienced, the deep backs have PROBLEMS TRYING TO COVER WIDTH of the field.

#### MAN FOR MAN

1. When using man for man coverage, it is more difficult to get interceptions. However, you must use POINT VISION on the receiver and PERIPHERAL VISION on the quarterback.
2. A bad habit when using man for man coverage is to FOCUS SO MUCH ATTENTION ON THE RECEIVER THAT YOU ARE NEVER IN POSITION for an interception or you never see the ball in flight until it is TOO LATE.
3. When we are using man for man coverage, it is better to play TOO LOOSE than TOO TIGHT because it is easier for the quarterback to throw the "home run" pass.
4. Man for man coverage is "NO STRONGER THAN ITS WEAKEST LINK" (deep back) therefore, we must devote more time to PERFECT our coverage. STAY AFTER PRACTICE AND WORK ON YOUR WEAKNESS.
5. IT IS ESSENTIAL THAT YOU TALK...when using man for man coverage. You need all the help you can get and it is absolutely necessary to work as a four-man unit. You are like outfielders in baseball. You must develop TEAM WORK.

6. There are patterns that we will have difficulty covering unless we "switch". Always make your preliminary calls.
7. Since it is easier to fool the defender you must develop your FOOTWORK TO PERFECTION and always be on balance. If you can cover in our "one on one drills" you can certainly cover him in the game. Don't be concerned about pass completions in this type of drill, but work for POSITION ON THE RECEIVER.
8. Remember during a game you never have time to really think out an offensive pattern. INSTANT REACTION IS DEMANDED. This will only occur from CONSTANT DRILLING and is a must with individual coverage.
9. If you find that a receiver is continually getting too close and is upon you before you can react, most likely, you are WATCHING BACKFIELD ACTION. Never be fooled by play action passes. Remember with man for man coverage you MUST use point vision on the receiver and peripheral vision on the ball.

#### HELPFUL HINTS FOR ALL DEFENSIVE BACKS IN MAN TO MAN COVERAGE

1. If you are having trouble covering a receiver, here is something that may help you. CONCENTRATE SOLELY ON THE RECEIVER AND NOTHING ELSE, UNTIL HE BREAKS. CONCENTRATE ON HIS BELT BUCKLE, NOT HIS FEET OR HEAD.
2. Many times a defender is beaten and faked because he is attempting TO COVER TOO MUCH WITH HIS EYES -- for example, the quarterback, offensive lineman and the receiver.
3. Only after the receiver breaks and you get in stride with him, should you look back for the ball. Your teammate will help you by yelling BALL!
4. Try this in practice at training camp, and see how it affects your coverage. This applies primarily to the corners.
5. PRACTICE RUNNING BACKWARDS EVERY DAY. You cannot get too much of this. There will be periods when we omit this because of other items, but in order for you to improve your footwork and coverage, YOU MUST RUN BACKWARDS EVERY SINGLE DAY.
6. YOU WILL BE AMAZED HOW FAST YOU CAN RUN BACKWARDS AND STILL CUT IF YOU PRACTICE EVERY DAY.
7. ONE ON ONE (1 ON 1) IS STILL THE BEST SINGLE COVERAGE DRILL IN FOOTBALL. Regardless of the type of pass defense, and even in a zone, it still involves man for man coverage. If you do not get enough 1 on 1, stay after practice. You must remain sharp. You need this every day, especially early in the week. Do this versus a receiver.

## **INTERCEPTION RETURNS**

### **INTRODUCTION**

We have an organized interception return that can win football games.

1. Rule - RETURN TO THE NEAREST SIDELINE. More yardage is made this way than any other method.
2. The back intercepting will START UPFIELD AND THEN CUT TO NEAR SIDELINE.
3. The nearest defender will BLOCK BACK on the intended receiver. He is the one who will make the tackle 8 times out of 10.
4. Interception Captain must get his team to SET UP THE WALL in practice after every interception.
5. The back must return the ball at least 30 YARDS IN PRACTICE.
6. We can win games if EVERYONE will HUSTLE to the nearest sideline and pick out a duck. DO NOT CLIP and do not throw an unnecessary block if interceptor is on his way.

### **INTERCEPTION**

1. Watch the interception into your hands and then put it away.
2. Yell FIRE on an interception.
3. Practice making interceptions above head level. If YOU take it lower and wait, the receiver will usually get it.
4. When making an interception in a crowd, be sure to TWIST at the same time your opponent is attempting to get it away from you. You will get the BALL EVERY TIME.
5. If we have two defenders covering one receiver, the one who is in position to intercept should yell, "MY, MY" meaning my ball. The other defender is right there and does not let up, but is ready for a deflected ball, block or to help in any way. By doing this we will not be knocking each other off, and we'll also increase our interception chances.
6. WATCH THE NOSE of the ball on long passes to improve your judgment as to timing for an interception or to break up a pass.
7. After an interception, most tackles are made by the INTENDED RECEIVER. The nearest back should block back on the intended receiver.
8. When you get an interception, go for the nearest sideline. Your yardage return will be greater by heading for the sidelines.

## FINDING THE BALL

1. Always play the ball at its HIGHEST point.
2. When the ball is in the air, PLAY THE BALL, NOT THE RECEIVER, and play it aggressively.
3. Aggressiveness is one of the hardest things to teach on pass defense. It starts in PRACTICE against your own teammates and with HELMETS.
4. Go up with TWO HANDS to break up a pass - two hands are better than one.
5. Never play a hook until the ball is thrown and then BELT him hard.
6. Knock the ball DOWN TOWARD THE GROUND, not up in the air.
7. When the quarterback attempts to over-throw a receiver, STAY AFTER THE BALL - you may be able to get an interception. Don't quit.
8. Remember -- you have EQUAL RIGHTS to the ball once it is in the air, so play ROUGH, but always play the ball not the man.
9. Here is something that can really help you. Practice developing a "BURST OF SPEED" to the ball once it is in the air. Five or six strides with quick recovery at near top speed is a tremendous advantage.
10. There will be times when you cannot get two hands on the ball and will be forced to use one hand. When you use ONE hand, there is a tendency to tip the ball. Make sure you knock it DOWN TOWARD THE GROUND.
11. CONVERGE on the ball once it's in the air.
12. Gamble a LITTLE, but know when to gamble. (Cannot do it consistently)
13. Look through the receiver into the passer.
14. Be ROUGH and AGGRESSIVE. Many of these receivers are inclined to be timid. Make them respect you.
15. Be ready to intercept a pass if it's deflected -- don't quit!!
16. Yell BALL, BALL, BALL when a teammate is covering on long passes and has his back turned. Don't yell too soon because your teammate will look and this will slow him down.
17. Try to improve your peripheral vision in practice. All good defenders have this.
18. There are times when you may have your man covered, but due to the type of pass thrown, it will be completed. A technique that is very effective is to SLAP AT THE BALL, BEFORE THE RECEIVER CAN PUT IT AWAY. In most instances, he will drop the ball. You are still in position to make the tackle if he holds the ball. Perfect this technique when covering your own receivers. QUICK HANDS ARE A GREAT ASSET.

## **SUMMARY**

The secret of always having proper position on the receiver is to not let the receiver get you turned until his final move. Backpedal, shuffle and glide before you every turn. You must develop this at top speed. Practice this every day to remain sharp and improved.

Great pass defenders are a combination of the following:

1. Aggressiveness
2. Quick reactions
3. Alertness
4. Looking through the receiver into the passer.
5. Always hustling when the ball is in the air, and
6. Determination to get the football.

## **FUNDAMENTALS**

The role of Fundamentals is a very vital one. The ability of your players to master fundamentals will determine whether you have an average or successful season. THERE IS NOT ONE CHAMPION OF ANY TYPE TODAY WHO HAS NOT MASTERED THE FUNDAMENTALS THAT ARE RELATIVE TO HIS OWN AREA.

Practice of fundamentals is time-consuming, trying and tedious hard work. They can be mastered only by trial and error. It is imperative that they be done over and over so that they become automatic.

### **NINE IMPORTANT FACTORS FOR DEFENSIVE BACKS INVOLVING GOOD PASS DEFENSE**

1. **CONFIDENCE.** You must want the opposition to throw the ball into the area in which you are protecting. You must believe that you cannot be thrown on. Never let a completed pass kill your confidence. The pass that was completed was an accident.
2. **DESIRE.** You must have that burning desire to be the best pass defensive football player on the squad, and then develop yourself to be the best in the NFL at your position. Have a desire to want to play pass defense. Don't be the player who only wants to play just enough to get by.
3. **KEYS.** Always read your keys and never make a mistake. You cannot have your back turned to the offensive men that you are keying and you cannot have your eyes closed or head down. You must perfect your keys in practice.
4. **WORDS.** Be a talker as well as a good defender on pass defense. Never be the Silent Sister. You must YELL, "Cross! Cross"; "Over! Over!" when these situations develop. Always say to yourself before each play, "It is going to be a pass." This is only relative to deep defenders. If there is a split end or a flanker to your side, you should always say to yourself: First - "He can get deep and inside," Second - "He can get deep outside," Third - always be aware of the hook and go. Keep your distance. YOUR RULE ON A HOOK APPLIES.

- POSITION. You must always have good position on the receiver. This is the secret to a great Pass Defense --- YOUR POSITION ON THE RECEIVER. There is a proper position for every type of pass. This factor alone can kill you as a pass defender. Start movement with receiver and slightly outside of him. Never get any closer than 6 yards on the sideline. The sideline is the twelfth man on your team if the receiver catches the ball in this area.
6. ANTICIPATION. Anticipate as to when the passer will turn the ball loose. Every passer will let you know when he is turning the ball loose. Study him - "GET A JUMP ON THE BALL!!" Never take fakes by backs faking into the line - keep covering the receiver.
7. INTERCEPTION. Always have one thought in mind, GET THAT FOOTBALL. Time your jump - get after the ball with BOTH hands - take the outside route, unless the receiver is on the sideline. SEARCH THE RECEIVER - yell "Fire!" if you are intercepting. Always go for the ball once it's in the air. Play to intercept every pass thrown by the opposition. THERE IS NOT A QUICKER WAY TO KILL THEIR PASS OFFENSE. Always intercept the ball as high as possible. Be sure to go through the receiver to intercept it - don't gamble by going in front of or inside the receiver unless the ball is low and you are SURE of an interception.
8. PASS PATTERN RECOGNITION. Study their favorite routes - you will work against them during the week. Be able to recognize the pattern when it unfolds. This is vital for every man in the secondary - READING THE PATTERN. They will have favorite men to throw to, too. Every team does.
9. RUN IN BACK. Always have one thought in mind when you intercept and that is to run the ball back across the opponent's goal line. Your nearest teammate to the intended receiver should block back on him. ALWAYS RUN INTERFERENCE for your teammate who has intercepted.

## FORCE VS. END RUN

Our Secondary and Linebackers have the responsibility of stopping the end run and the run/pass. The primary force man can be either the safety, corner or backer, depending on the front and the coverage. Before we can become skilled in end run play we must understand the basic elements of force and how each individual technique is vital.

There are four key elements of defending the end run:

1. **FORCE** - the description of the responsibility for outside leverage vs. an end run. The force man meets the end run in its formative stage - forcing the cutback or driving the ball carrier deep so he is vulnerable to pursuit. The force man must always squeeze the width of the running lane, minimizing the area between himself and the next inside defender (the fill man).

Responsibility for force is designated by:

SKY - Safety Force  
CLOUD - Corner Force  
BACKER - Linebacker Force

2. **CUTBACK** - the description of responsibility for the middle position between the force and pursuit. When the force man successfully contains the end run, the fill man will be at the "point of attack," usually with two gap responsibility. The fill man must control the fill area by whipping the blocker and maintaining position at the L.O.S. The fill man can be either the backer, safety, or defensive end.
3. **PURSUIT** - the description of the responsibility for inside leverage or cutbacks vs. an end run. (Usually handled by an inside backer or defensive lineman and backed up by the F/S.) All pursuit must maintain an inside-out attitude when approaching the ball carrier. While pursuing, all defenders must have an awareness for the ball location to avoid overrunning the ball, losing inside-out leverage.

\*\* The primary ingredient of successful pursuit is RELENTLESS EFFORT.

4. **SECONDARY SUPPORT** - the description of the responsibility for secondary outside leverage if force leverage is lost. Secondary support assumes outside leverage responsibility allowing the fill and pursuit players to carry out their assignments. The secondary support defender is always responsible for the HB pass and must "replace" vs. crackback blocks on the force man.

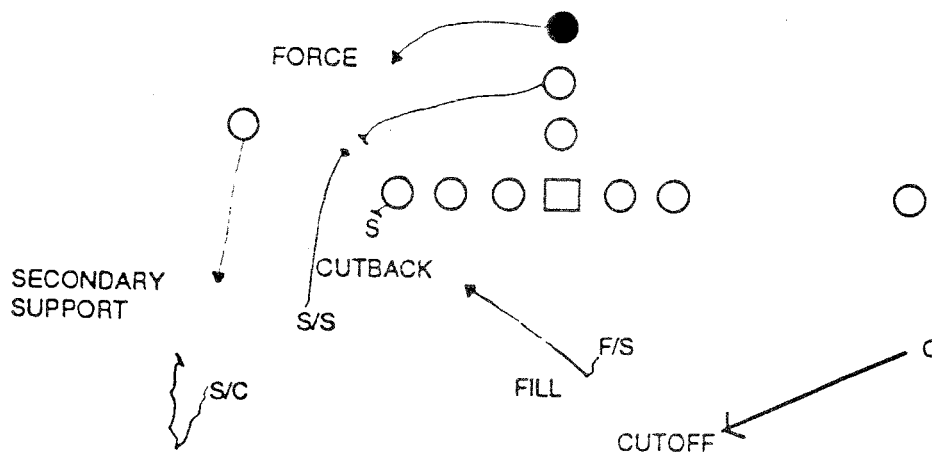
\*\* If a receiver releases downfield and the play shows a definite run read, you do not have to react to the run until the ball crosses the L.O.S. Play for the run pass!!

• Suggested Force will be built into all defensive calls. However, the safeties will have the freedom to move to another call if the situation calls for it according to game plan.

## SAFETY FORCE - STRONGSIDE

- S/S** - Primary force man - take alignment that will allow you to beat crackback. If pass responsibility will not allow this position, you must call "Cloud". Read progression, react to run, and meet lead blocker as quick and tough as possible. Force ball carrier to make a sharp cutback to inside. If ball carrier continues wide, drive deep and string it out to sideline. To accomplish the above, you must stay on your feet.
- SAM** - Cutback - read progression. Attack blocker (TE, pulling lineman) at his depth, and control him. Two-gap responsibility. Do not take a side until runner commits. Coaching point: (TE blocks on you and releases for run/pass, stay with him man to man (usually short yardage situation). TE release - (easy block) automatic backer force.
- S/C** - Run/Pass or Secondary Support - Pass first, see the backfield action and "Z." If he releases, cover. If he cracks (throws) on S/S, support to contain end run (replace). If he stalks you, attack stalk block. Play off blocker and get to ball.
- F/S** - Play pass first, run second - key triangle. On sure run, get to fill point as quickly as possible. Pursue inside-out.

## SKY FORCE



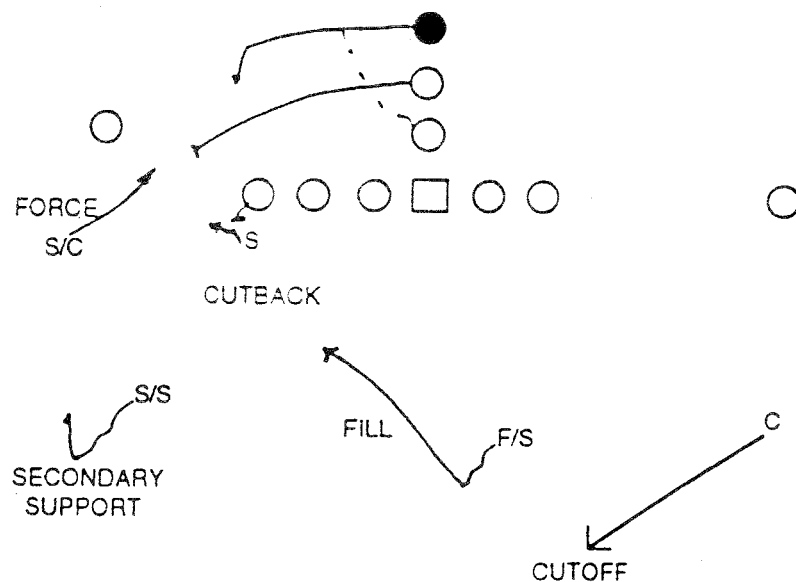


## CORNER FORCE - STRONGSIDE

- S/C** - Primary force man - read progression. If "Z" sets to block on you, take inside and force at an angle quickly. Shrink the running lane. Meet lead blocker as quick and tough as possible. Force the ball carrier to make a sharp cutback to inside. If ball carrier continues wide, drive deep and string it out to the sideline. To accomplish this, you must stay on your feet.
- SAM** - Cutback - read progression. Attack blocker (tight end, pulling lineman) at his depth and control him. Two gap responsibility - do not take a side until the runner commits. Coaching point: Tight end blocks on you and releases for run/pass - stay with him m/m (usually in short yardage situations). Anytime the tight end releases = backer force (easy block).
- S/S** - Run, pass or secondary support - pass first. When you read run, revolve and pick up "Z" for run/pass. If "Z" blocks S/C, support from outside-in where needed.
- F/S** - Play pass first, run second - key triangle. On sure run, get to fill point as quickly as possible. Pursue inside-out.

NOTE: S/S may call "Cloud" when "Z" cuts split to 10 yards or less, also vs. "Z" close.

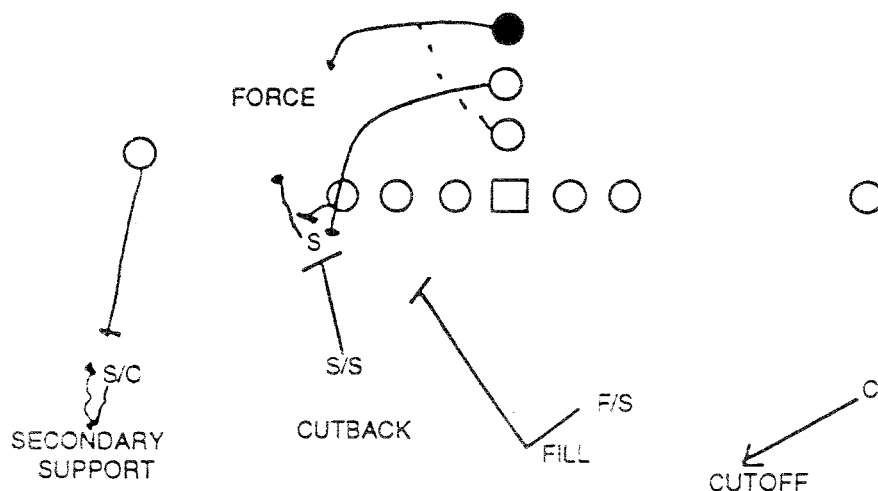
## BACKER FORCE (WEAKSIDE)



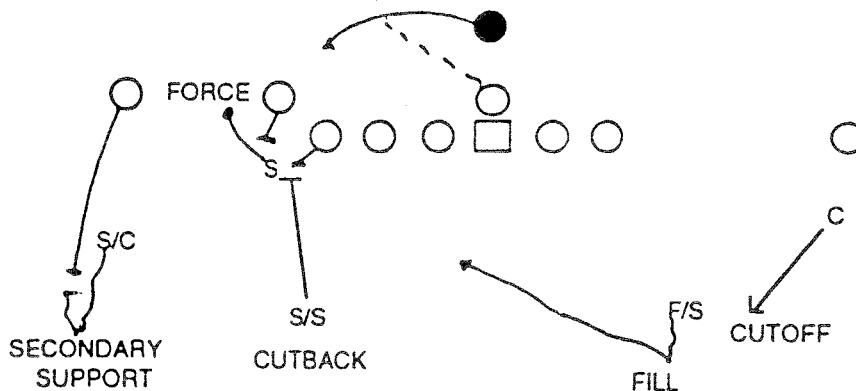
## CKER FORCE (STRONGSIDE)

- SAM** - Primary force man - on snap, step out and see inside. Read progression and determine sweep or off tackle. Contain sweep, spill off tackle.
- S/S** - Cutback - Read progression. If key blocks, react for run. On sweep, support inside Sam for cutback. Take on lead blocker with inside shoulder. Off tackle - look for spill from Sam.
- S/C** - Run, Pass or Secondary support - pass first, see the backfield action and "Z." If he releases, cover. If he cracks (throws) on S/S or Sam, see block. Support from outside-in (replace). If he stalks you, attack stalk block. Play off blocker and get to ball.
- F/S** - Play pass first, run second. Key triangle. On sure run, get to fill point as quickly as possible. Pursue inside-out.

## BACKER FORCE



- BOX** - Used only vs. Trips or Dbl Out.  
LB must contain all blocks.  
DB is always cutback man.



BACKER FORCE (WEAKSIDE) -- ALL COVERAGES WITH "X" OUT

**WILL** - Primary force man - read progression and meet the lead blocker at his depth as quick and as tough as possible. Force the ball carrier to make a sharp cut back to the inside. Shrink the cutback area. Stay on feet to accomplish above.

**W/END - Cutback** - read progression, attack the blocker and control him. Work out along line of scrimmage. Do not overrun the ball.

**W/C - Run, Pass Secondary support** - pass first. See the backfield action and "X." If he releases, cover. If he cracks (throws) on Will, support to contain the end run (replace). If he stalks you, attack the stalk. Control blocker. Find ball.

F/S - Run Pass or Secondary support - play pass first, run second. Key triangle. On sure run, get to fill point as quickly as possible. Pursue inside-out.

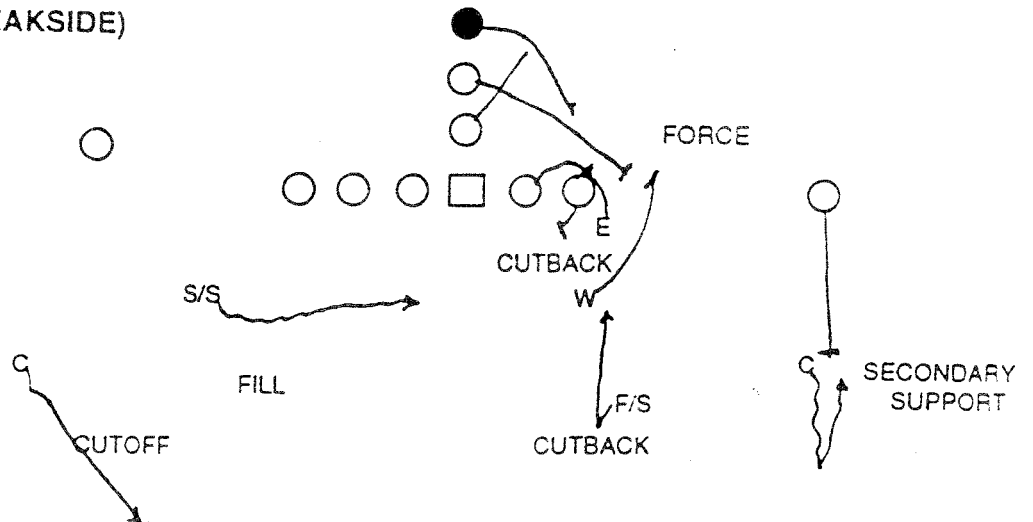
-- S/S and S/C pursue or cutoff based on your support.

on "LION" call - weakside:

**WILL** - Hold, read progression. Be in position to fill inside your end on ball. Quick pursue on flow away. On pass, go to coverage.

**W/END** - Key near back and on guard. Work out and upfield to meet lead blocker and force runner to make a sharp cut back to the inside.

BACKER FORCE (WEAKSIDE)



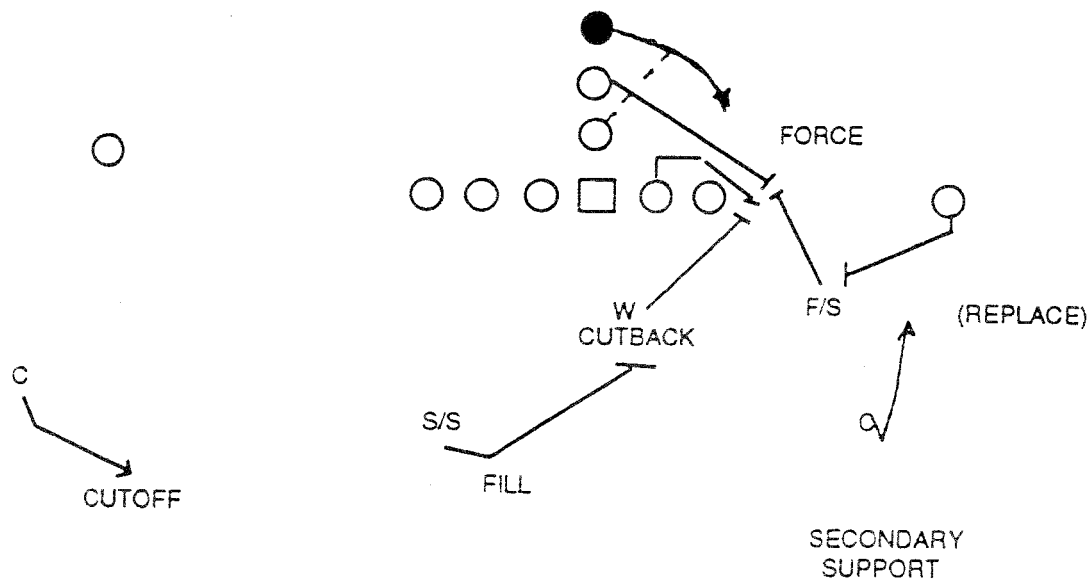
## ETY FORCE (WEAKSIDE)

**F/S** - Primary force man - read progression. Meet the lead blocker at his depth as quickly and tough as possible. Shrink the cutback area. If the ball carrier continues wide, drive deep and string it out to the sideline. Must see block of WB, then force. To accomplish the above, you must stay on your feet.

**W/C** - Run, Pass or Secondary support - pass first and see the backfield action and "X." If he releases, cover. If he cracks or throws on Will or W/S, see block. Support from outside-in.

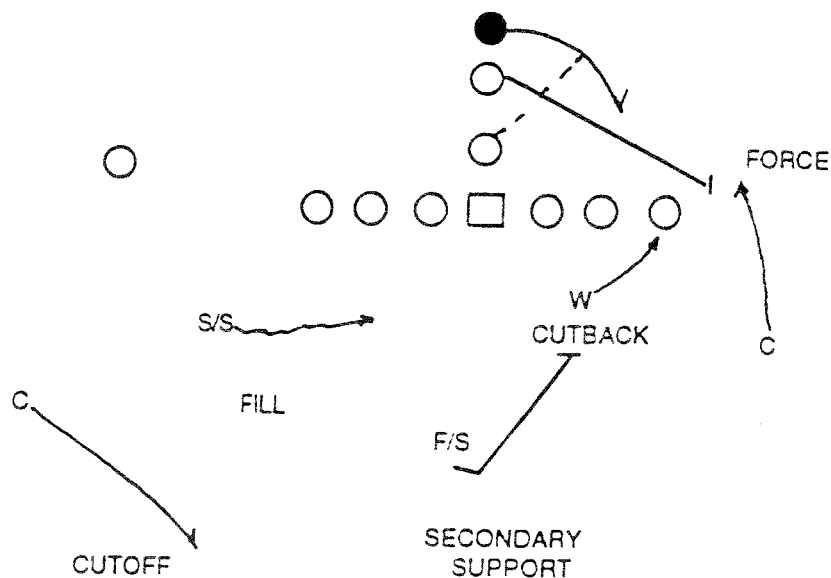
**WILL** - Cutback - attack blocker head up on his side of the line of scrimmage. Control him. Be ready to react in or out. Make the play.

## WEAKSIDE "SKY" FORCE



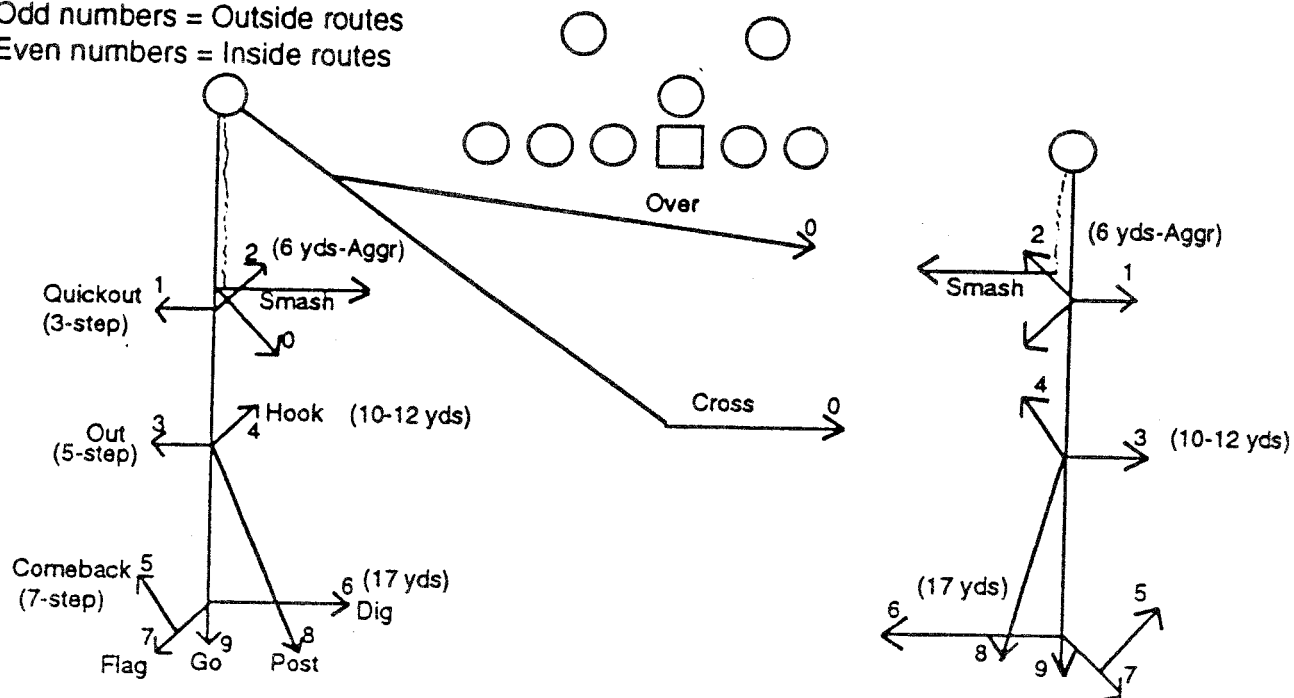
## CORNER FORCE (WEAKSIDE) - "X" NEAR

- W/C** - Primary force man - Read progression. Meet lead blocker as quickly and tough as possible. Force the ball carrier to make a sharp cutback to the inside. Shrink the cutback area. If the ball carrier continues wide, drive deep and string it out to the sideline. To accomplish the above, you must stay on your feet.
- WILL** - Cutback - read progression. Attack blocker ("X" Near, pulling lineman) at his depth and control him. Two gap responsibility - do not take a side until runner commits.
- F/S** - Run, pass or secondary support - pass first. When you read run, revolve and pick up the receiver for run/pass. No pass - secondary support where necessary

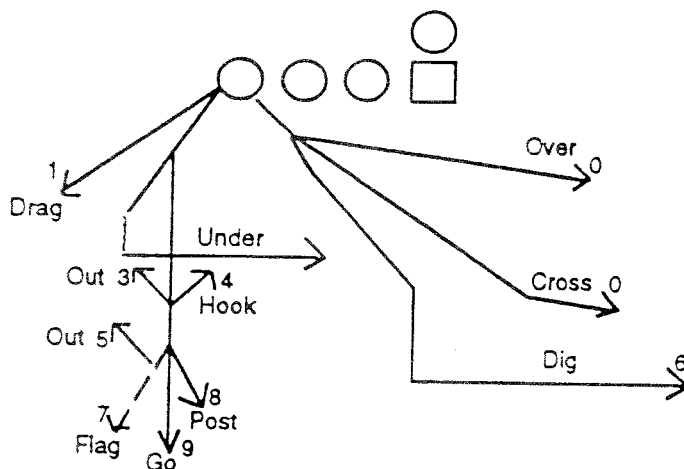


## WIDE RECEIVER ROUTES

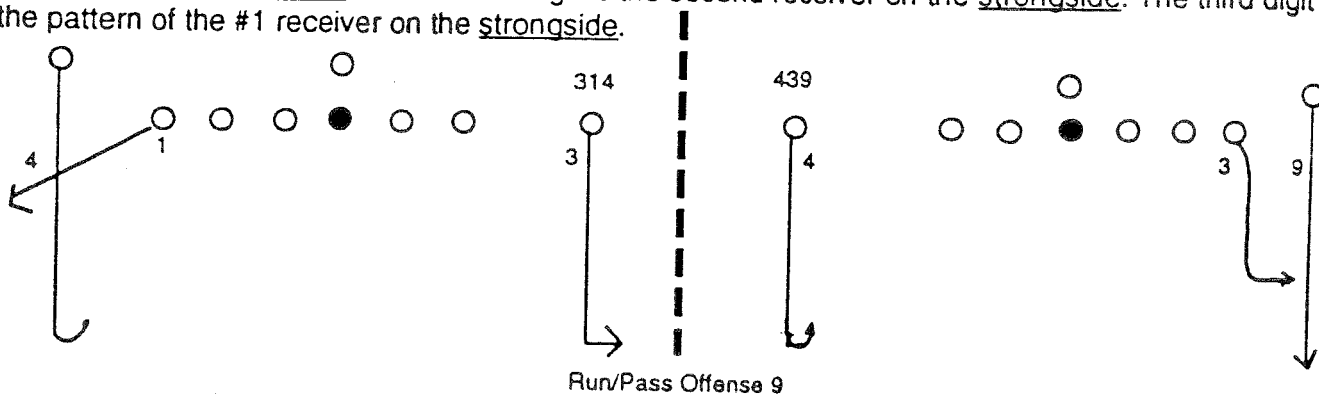
Odd numbers = Outside routes  
Even numbers = Inside routes



## TIGHT END ROUTES

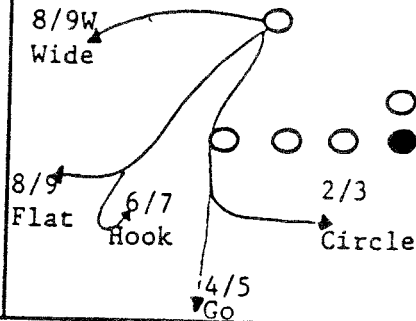


Our pass pattern nomenclature for the primary receivers involves 3 digits. The first digit is the pattern of the first receiver weaksid. The second digit is the second receiver on the strongside. The third digit is the pattern of the #1 receiver on the strongside.

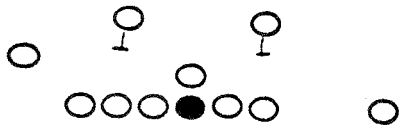


The "SERIES" nomenclature for the backfield patterns and play passes will be designated as follows:

**PASSING TREE FOR BACKS**  
Even numbers = Strong back  
Odd numbers = Weak back

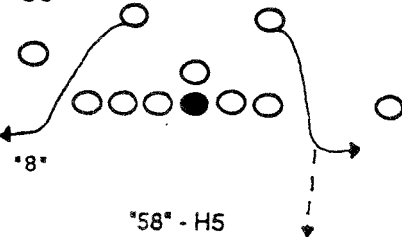


"50"



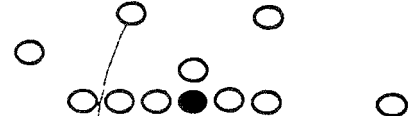
**50 series** - Both backs involved. 2nd digit (even) designated Flare of STRONG BACK. "0" indicates both backs blocked.

"58"



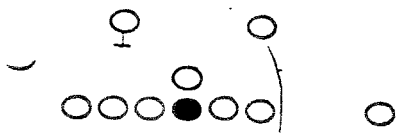
"58" - H5

"64"



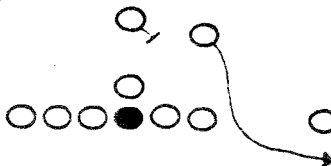
**60 (Even)** - STRONG BACK in pattern and WEAK BACK blocks. 2nd digit (even) designates flare of STRONG BACK.

"6"



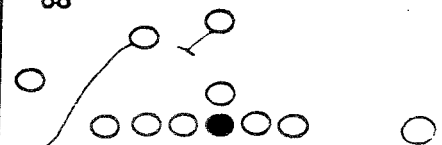
**60 (Odd)** - WEAK BACK in pattern and STRONG BACK blocks. 2nd digit (odd) designates flare of WEAK BACK.

"79"



**(FLOOD)**  
**70 Series** - Both back flare WEAK-SIDE. 2nd digit (odd) designates flare of WEAK BACK.

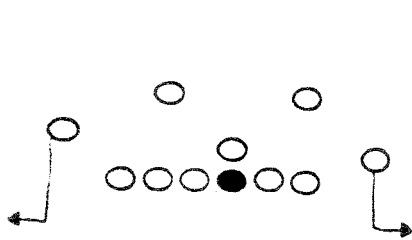
"88"



**80 Series** - Both backs flare STRONG-SIDE. 2nd digit (even) designates flare of strong back.

"A1B1"

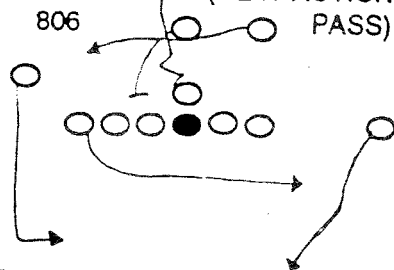
(AGGRESSIVE)



K-RIDE 28

806

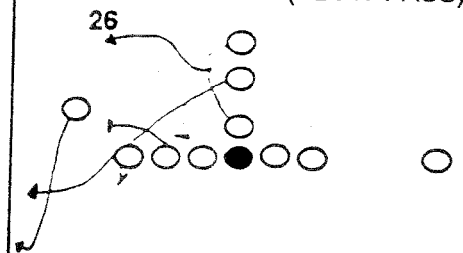
(PLAY ACTION PASS)



ROLLOUT LEAD

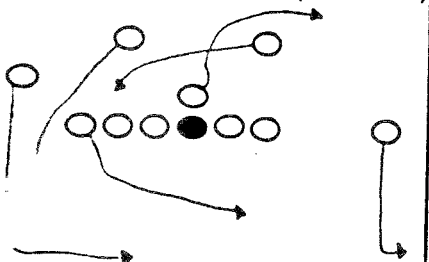
(FLOW PASS)

26

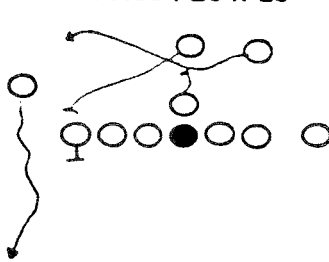


BOOT FLOW 28

(WAGGLE)

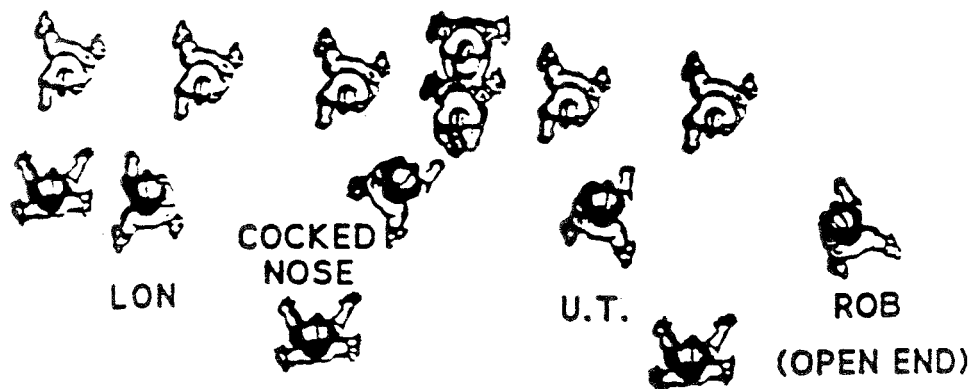


RUN-PASS FLOW 28

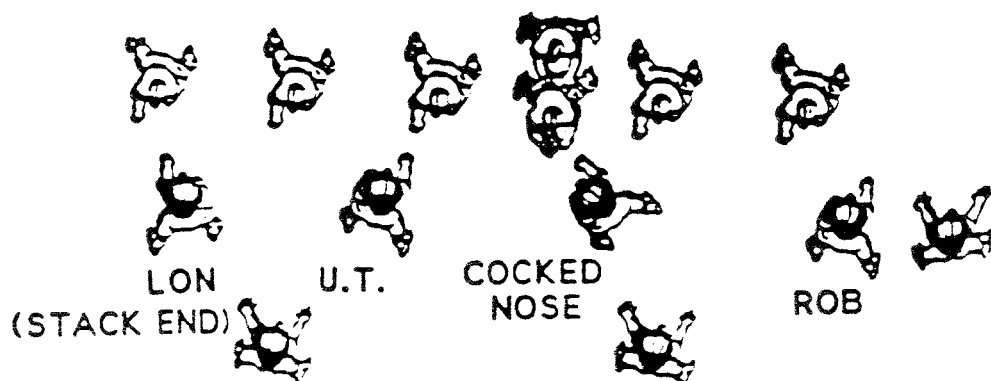


# I. POSITION NAMES BY FRONTS

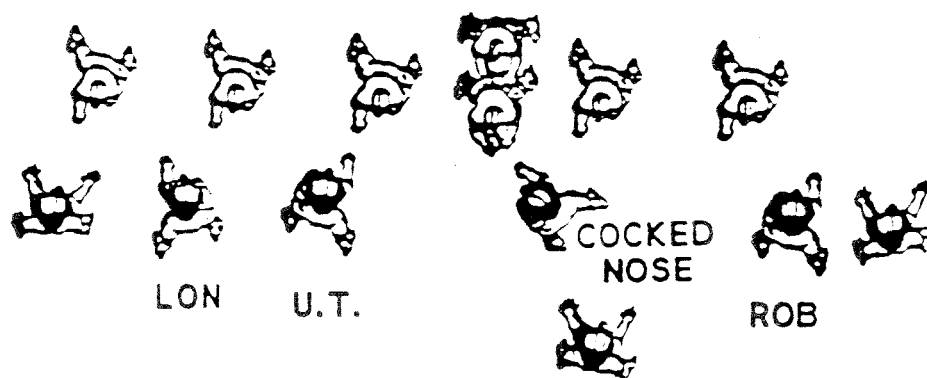
## UNDER



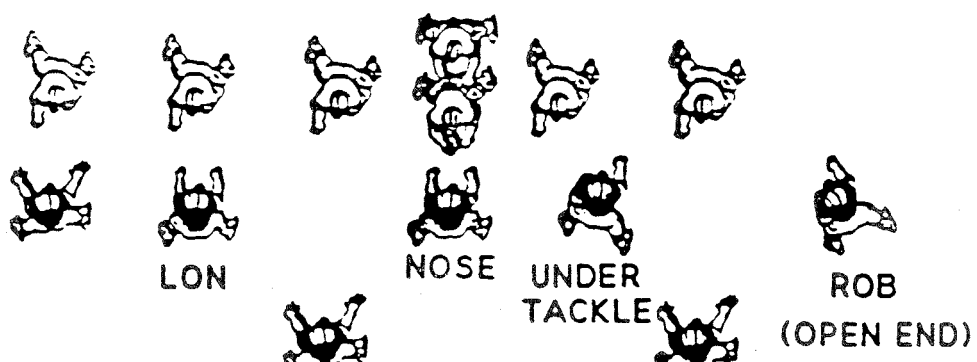
## OVER



## OVER JET



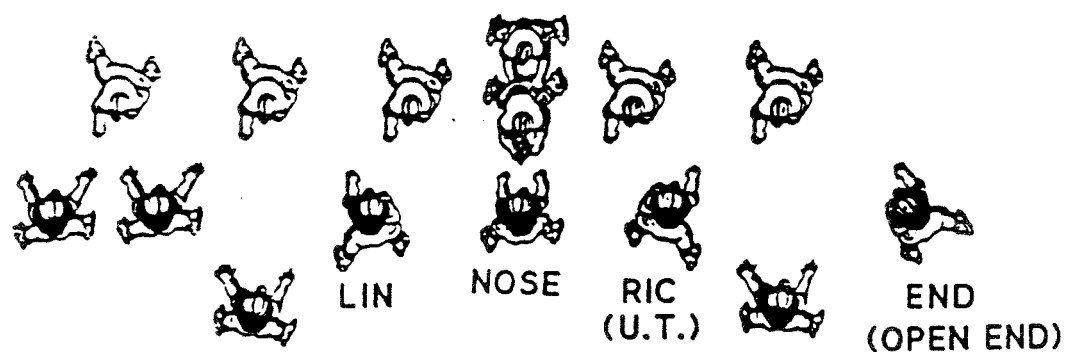
## UNDER STONE



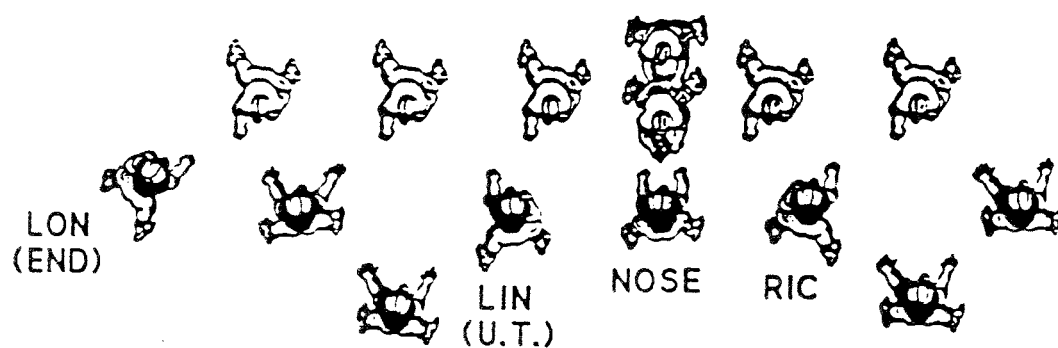


# I. POSITION NAMES BY FRONTS (CONT.)

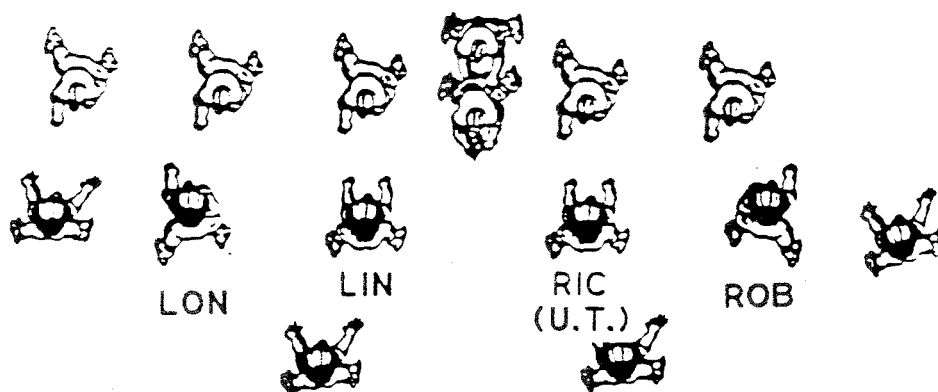
## BEAR



## OVER BEAR



## EVEN



# I. BASIC ALIGNMENTS

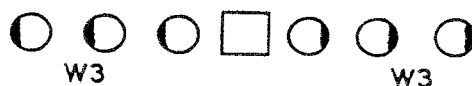
A. HEAD UP - 2 TECH. (2 GAP) ANY POSITION IN 2 GAP.



B. OUTSIDE SHOULDER - 3 TECH. (JET) UNDER TACKLE & COCKED NOSE.



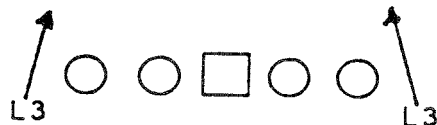
C. OUTSIDE FOOT - WIDE 3 (WIDE JET) CLOSED END IN UNDER, OPEN END IN OVER.



D. INSIDE SHOULDER - 1 TECH. (STACK) UNDER END VS. 2ND TE. CLOSED END IN OVER STACK.



E. 1 YARD OUTSIDE - LOOSE 3 (JET OVER AIR) OPEN END.



F. SUMMARY

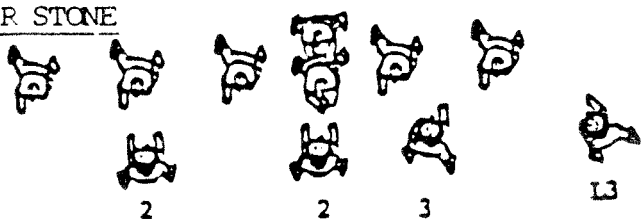


Augmented by 7.000

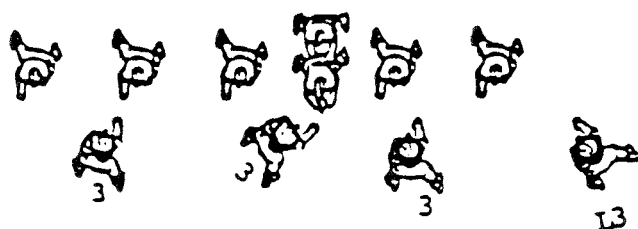
(CLOSED LEFT)

(CLOSED RIGHT)

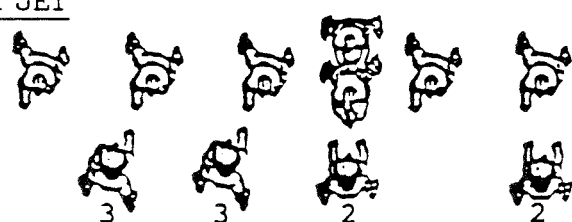
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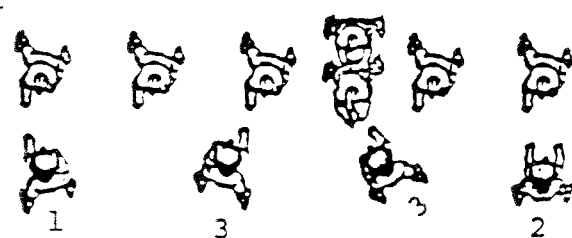
UNDER



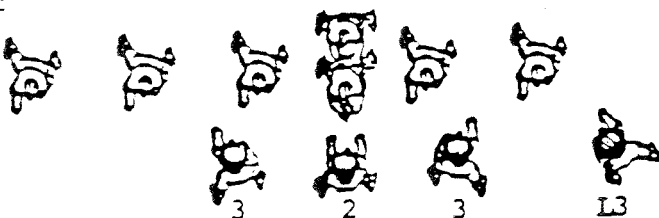
OVER JET



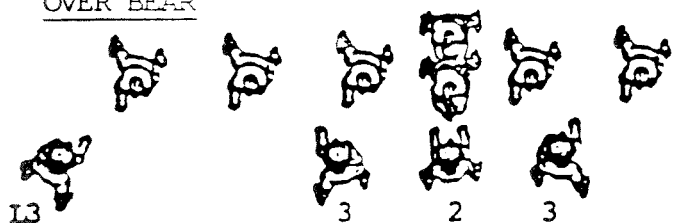
OVER



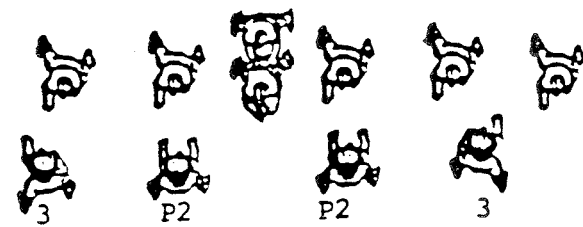
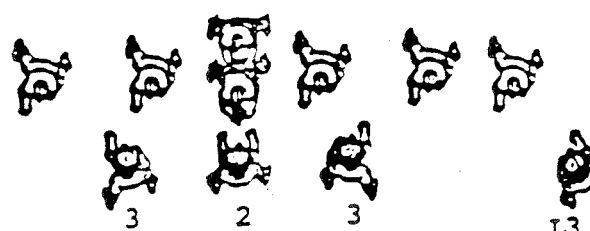
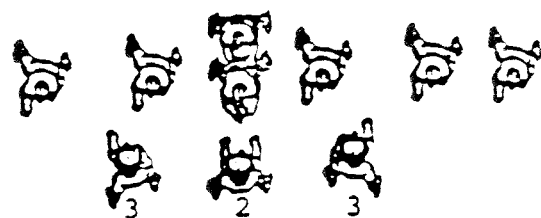
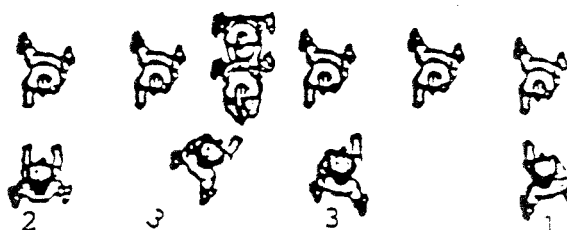
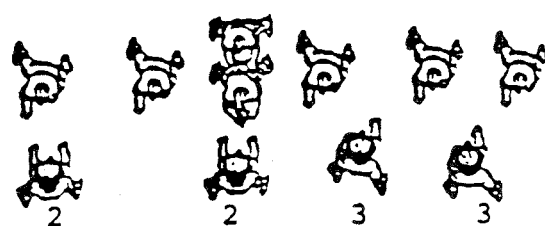
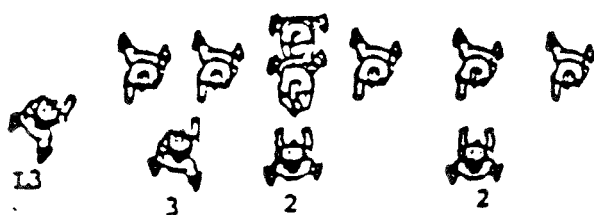
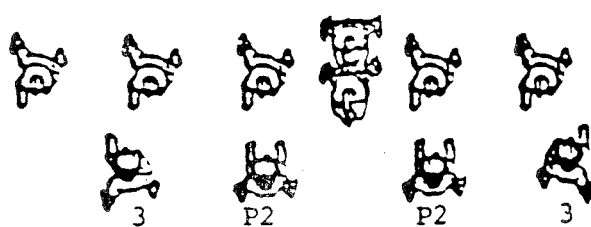
BEAR



OVER BEAR



EVEN



## CADENCE

I. Cadence, if used properly, is for the defense, not the offense.

II. Different types of cadence

- A) Rhythmical
- B) Non-rhythmical
- C) Quick Count
- D) Hard Count
- E) 2 minute, no huddle

### 1. Rhythmical

Ready  
Set  
Blue 80  
Blue 80  
Hut  
\*Hut

### 2. Non-Rhythmical

Set  
Goll  
Bluuuee 80  
Bluuuee 80  
\* Hut-Hut

\* Key is to go on 1-1/2 (clap drill) not on 1, it's on 2.

\*\* Must play non-rhythmical honest

### 3. Quick Count

Set-Gol  
or Down  
Set!  
(no ready)

### 4. Hard Count

Ready  
Set  
Blue 80  
Blue 80  
Hut  
Huutt!  
\* Hut

\* ball is always snapped on sound after hard count.

### 5. 2 Minute, No Huddle

"Red Ball" "Red Ball"  
Set-Gol  
Set-Gol

C.P.: Alert time out and huddle

### 6. Line Calls

Set = Sunday, Sonar, Sound

1 = Monday, Red, January, 100, 111

2 = Tuesday, White, February, 200, 222

3 = Wednesday, Blue, March, 300, 333

# GET OFFS AND STARTS

## 1. ALIGNMENT CROWD THE BALL

- A. ALIGN ON TIP OF FOOTBALL. (NOSE MUST BE HONEST, ENDS CHEAT UP).
- B. "BALL'S READY, YOU'RE READY".
- C. DOES CENTER TILT BALL UP? IF SO, CROWD MORE! KNOW IF BALL IS FLAT OR NOT. (GOOSE RULES).
- D. DO NOT ALIGN ON OPPONENT. THEY WILL VARY THEIR DEPTH AND CHEAT DEEP.
- E. OFFICIATING CREW. WE WILL CHART, FILE AND KNOW WHICH OFFICIALS WILL LET US CHEAT AND ALIGN OFFSIDES.
- F. IGNORE LINES! WE WILL NEVER PRACTICE ON A LINE. (THE BALL IS ONLY ON A LINE 8-12 TIMES PER GAME!) THIS WILL FORCE YOU TO CONCENTRATE.
- G. GREEN BALL. ZERO IN. MAKE YOURSELF STUDY IT.
- H. RIGHT EYE, LEFT EYE. ALWAYS ALIGN ON SAME SIDE IN ALL DRILLS. ONE EYE IS STRONGER THAN THE OTHER. TED WILLIAMS DRILL

## 2. STANCE

- A. TIGHT, NARROW, BUNCHED SPRINTERS STANCE.
- B. TAIL UP HIGH, NOSE DOWN.
- C. UP HAND ON UP KNEE. PUSH DOWN!
- D. DOWN HAND OUT AND CLAWING GRASS.
- E. EYES UP, PERIPHERAL EVERYTHING.
- F. "HAIR TRIGGER" - HOLD YOUR BREATH...TICK, TICK, TICK - EXPLODE!

## 3. STIMULUS

- A. MOVEMENT, ANY MOVEMENT - YOU'RE GONE!
- B. BALL, THAT EASIEST, WHEN IT STARTS TO MOVE.
- C. STRING TIED FROM TIP OF BALL TO YOUR NOSE. (OR?)
- D. YOUR MAN - IS HE ROCKING BACK? IS HE LEANING? "BACKSET"!!!
- E. YOUR MAN - IS HE HOLDING HIS BREATH TOO? HOW LONG CAN HE DO IT? HE IS TRYING TO GET A JUMP TOO! ("BUGALOO"!!)
- F. MOVEMENT DOWN THE LINE. AN OPPONENT'S TEAMMATE? YOUR TEAMMATE?
- G. THE QB'S FOOT? SEAT? OR EYES?
- H. THE O.T.'S OUTSIDE KNEE?
- I. GAME PLAN - COACH'S RESPONSIBILITY TO FIND WHAT MOVES FIRST!

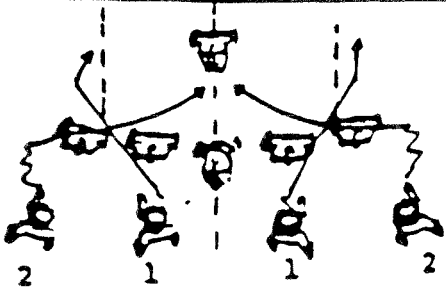
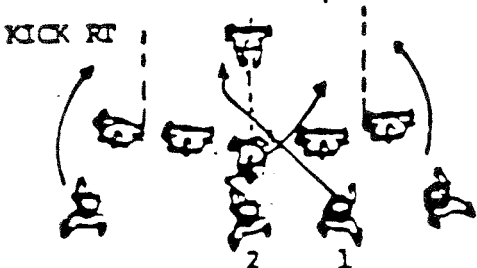
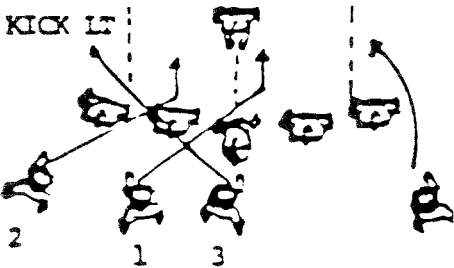
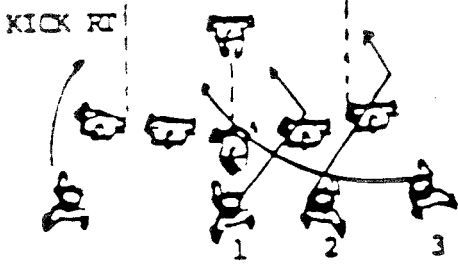
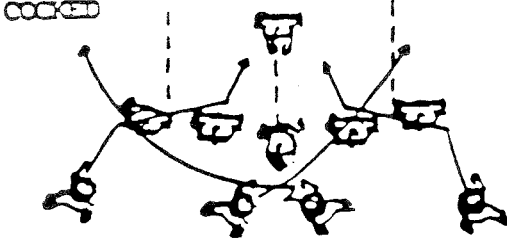
## 4. RESPONSE

- A. THROW YOUR BODY.
- B. LEAD WITH NOSE, HEAD, SHOULDERS.
- C. LEANN, EAST GERMAN DOWNHILL TRAINING.
- D. FALL OUT OF YOUR STANCE. OFF A CLIFF. MAT GET OFFS.
- E. 45 DEGREE ANGLE OR LESS.
- F. PUSH DOWN ON KNEE OF UP HAND.
- G. CLAW, PULL GRASS WITH DOWN HAND.
- H. BIG, BIG STEP. REACH OUT. BACK FOOT REPLACES DOWN HAND.
- I. EXPLODE FORWARD. GET UPFIELD!

## 5. CADENCE AND RHYTHM

- A. DO NOT LISTEN! MOVEMENT, NOT SOUND.
- B. KNOW THEIR CADENCE, WE WILL DRILL IT.
- C. SOUND AFTER HARD COUNT, GO!
- D. DO THEY HAVE A SET PATTERN?
- E. WITH MOTION, DO THEY GO ON 2?
- F. AUDIBLES, DO THEY GO ON 2?
- G. IF IT'S NOT ON 1, IT'S PROBABLY ON 2! (GO ON 1-1/2)
- H. GO ON "H" ON SECOND HUT. NOT "T".
- I. EGG = EDUCATED GUESS.
- J. WAG = WILD ASS GUESS.

## PASS RUSH LANES/RESPONSIBILITIES

|  | LANE DESCRIPTIONS  |
|--|--|
| <p>43</p>  <p>TWIST</p> | <p>LON: LEFT INSIDE LANE</p> <p>LIN: LEFT OUTSIDE LANE</p> <p>RIC: RIGHT OUTSIDE LANE</p> <p>ROY: RIGHT INSIDE LANE</p>  |
|  <p>TUM WIDE</p>        | <p>LON: LEFT OUTSIDE LANE</p> <p>LIN: CROSS THE BALL, RIGHT INSIDE LANE</p> <p>RIC: CROSS THE BALL, LEFT INSIDE LANE</p> <p>ROY: RIGHT OUTSIDE LANE</p>  |
|  <p>ISO RIC</p>       | <p>LON: LEFT INSIDE LANE, STAY ON YOUR SIDE OF THE BALL</p> <p>LIN: CROSS THE BALL, RIGHT INSIDE LANE</p> <p>RIC: LEFT OUTSIDE LANE, GET DEEP. GO TO WHERE LON IS, NOT WAS.</p> <p>ROY: RIGHT OUTSIDE LANE</p>                       |
|  <p>ISO ROY</p>       | <p>LON: LEFT OUTSIDE LANE</p> <p>LIN: CROSS THE BALL, RIGHT INSIDE LANE</p> <p>RIC: RIGHT OUTSIDE LANE</p> <p>ROY: LEFT INSIDE LANE, GET DEEP. GO TO WHERE LIN IS, NOT WAS.</p>  |
|  <p>COUCHED</p>       | <p>LON: LEFT INSIDE LANE</p> <p>LIN: CROSS THE BALL, RIGHT OUTSIDE LANE, GET DEEP. GO TO WHERE ROY IS, NOT WAS.</p> <p>RIC: CROSS THE BALL, LEFT OUTSIDE LANE. GET DEEP. GO TO WHERE LON IS, NOT .</p> <p>ROY: RIGHT INSIDE LANE</p> |

## STUNT PACKAGE - GAMES

LINE GAMES ARE DESIGNED AS A CHANGE-UP AND ADDITION TO A GREAT JET, PASS-RUSH. WELL EXECUTED GAMES NOT ONLY GET SACKS, BUT THEY KEEP THE OFFENSIVE LINE OFF BALANCE AND GREATLY AID INDIVIDUAL JET MOVES. OUR PACKAGE IS DESIGNED TO:

1. FOUL UP BLOCKING ASSIGNMENTS.
2. FORCE ZONE SCHEMES TO GO MAN (DELAY AND GRAB GAMES).
3. FORCE MAN SCHEMES TO GO ZONE (QUICK GAMES - "Q" CALL).
4. COUNTER AND TAKE AWAY RUN BLOCKING SCHEMES, STUNTS AND "Q" CALLS.
5. DISGUISE ITSELF BY CALLS AND DUMMY CALLS. "TABLES"
6. DISGUISE ITSELF BY HAND SIGNALS. (2, 3, YOU, ME)
7. TAKE ADVANTAGE OF WEAK OPPONENT ... PICK ON HIM.
8. TAKE ADVANTAGE OF STRONG OPPONENT ... STAY AWAY FROM HIM.
9. CAMOUFLAGE MOVES. FAKE GAMES.
10. SET-UP JET RUSHES.
11. UTILIZE QUICK LANES AND OPTIONS (2 WAY GO'S)
12. RUN "READ" GAMES OFF OURSELVES.
13. CONFUSE, DISORGANIZE AND WORRY OFFENSIVE LINES!

GAMES MAY BE RUN DELAYED OR QUICK, AND SOMETIMES SOMEWHERE IN BETWEEN. THE KEY TO ALL GOOD STUNTS IS THE SECOND MAN. THIS "COME AROUND" PLAYER MUST CONVINCE HIS OPPONENT THAT HE IS RUNNING A 1 ON 1. BY PROPERLY SELLING THIS, THE MAN GOING FIRST WILL COME FREE. THIS MAN MUST GET TO THE OPPONENT'S BACK AND RICOCHET OFF, (G.T.B.) - DO NOT GIVE IN. YOU MAY COME FREE!!

ONLY 2 OF OUR STUNTS DO WE SACRIFICE THE FIRST RUSHER (U-HIT-IT AND TOM PACKER).

PLANNING, EXECUTION, CLEVERNESS AND CREATIVE GAME PLANNING WILL ALLOW US TO DEVELOP AND PERFORM IN THE LEAGUE'S BEST STUNT PACKAGE, THAT WILL CHANGE EVERY WEEK. ALL YEAR WE HAVE TO PRACTICE ALL OF THEM BECAUSE WE DON'T KNOW WHEN WE'LL NEED EACH ONE. "EVERYTHING'S UP!"

### DEFINITIONS:

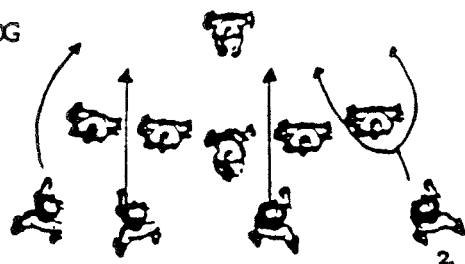
1. GAMES: PASS RUSH "STUNTS" RUN ON A 3-STEP DELAY. CAN ALSO BE RUN WITH A GRAB.
2. Q GAMES: STUNTS EXECUTED QUICKLY. USED TO PICK AND CONFUSE MAN BLOCKING. MUST GET TO YOUR GAP WHEN USED AS RUN STUNT.
3. FAKE: GAMES - RUN OFF SECOND STEP WITH HEAD FAKE. USE WITH "TABLES" CALL
4. BUILT-INS: AUTOMATIC GAMES/STUNTS USED IN BLITZ OR DOG.
5. READ GAMES: "IF PASS SHOWS" TURNS INTO A GAME. GOES FROM RUN STUNT TO A PASS GAME.

# RUSHMEN STUNT PACKAGE

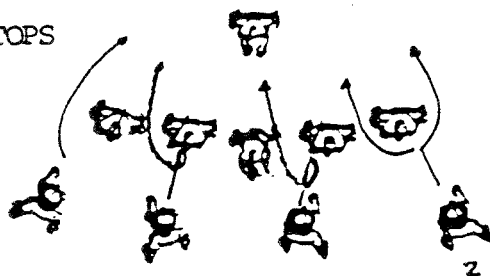
## LOG/ROCK

DESIGNED RUSH LANES FOR TACKLES,  
1 END HAS 2 WAY GO

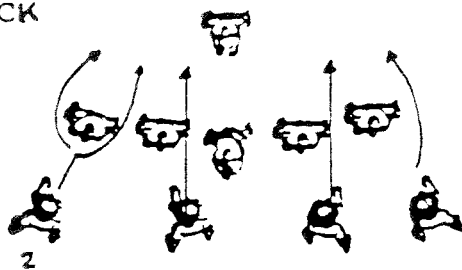
LOG



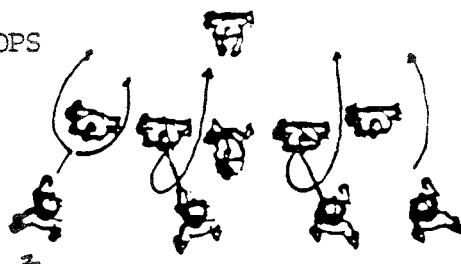
TOPS



ROCK



TOPS



LOG

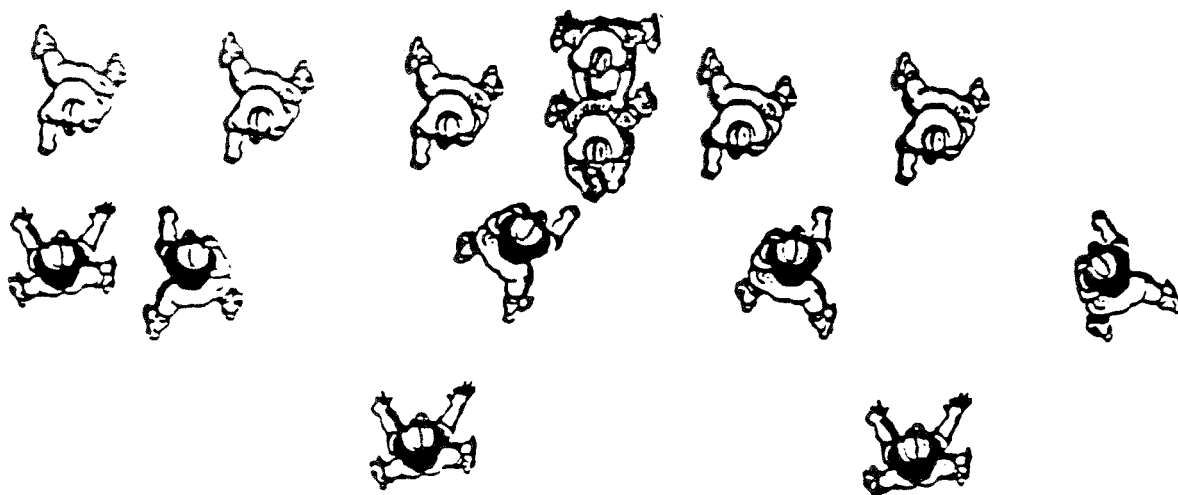
- LON: Align wide and get off. Work a move and stay outside.
- LIN: Align in 3. Get off. Penetrate "B" gap. Work a move on guard's outside shoulder and occupy L.I. lane.
- RIC: Align in 2 Inside. Get off. Penetrate "A" gap. Work a move on guard's inside shoulder. Look for center. On slide away, push off his back and ricochet upfield. On block towards, fight upfield in R.I. land. Spin back if pushed across ball.
- ROB: Align wide and get off. Start upfield. You have an option to come under. 2 way go!

ROCK

- LON: Align wide and get off. Start upfield. You have an option to come under. 2 way go!
- RIC: Align in 3. Get off. Penetrate "B" gap. Work a move on guard's outside shoulder and occupy L.I. lane.
- LIN: Align in 2 Inside. Get off. Penetrate "A" gap. Work a move on guard's inside shoulder. Look for center. On slide away, push off his back and ricochet upfield. On block towards, fight upfield in R.I. land. Spin back if pushed across ball.
- ROB: Align wide and get off. Work a move and stay outside.



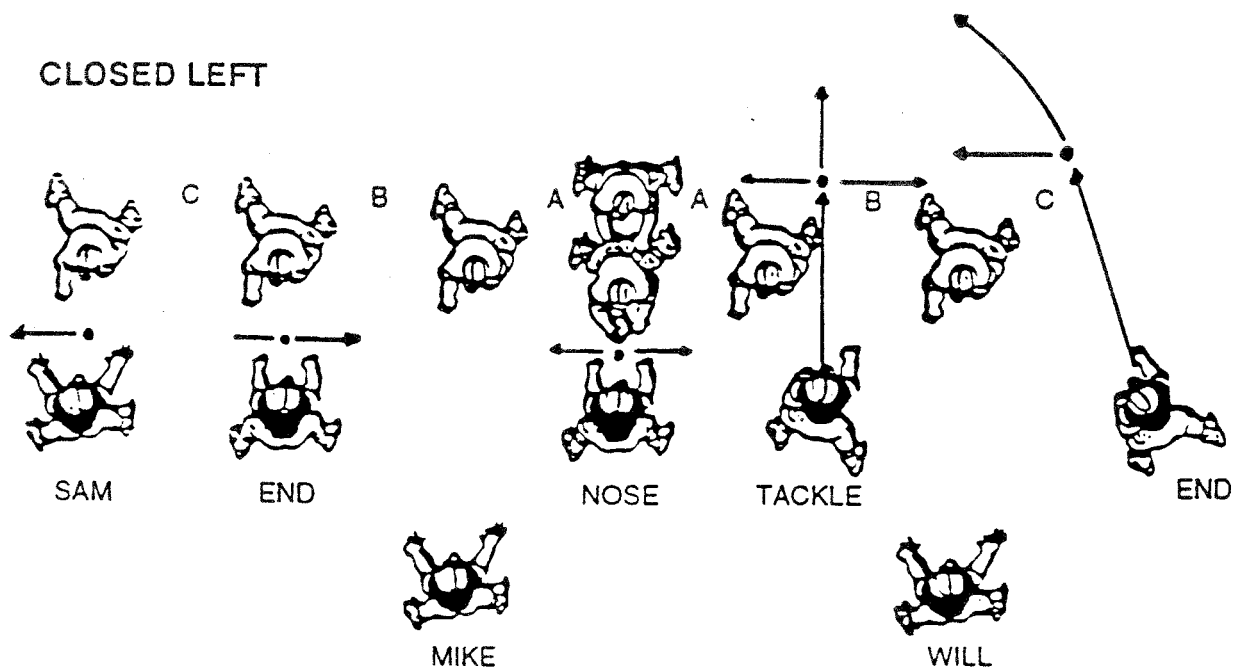
# UNDER



| POSITION     | ALIGN TECH.           | KEY                  | RUN RESPONSIBILITY                                      | PASS RUSH LANE            | COACHING POINTS  |
|--------------|-----------------------|----------------------|---|---------------------------|--|
| Closed End   | 3 on T<br>JET         | Movement, Ball, T    | Play to: 'C' Gap.<br>Play away: 'C' Gap, Squeeze B      | 'C' Gap<br>Left Outside   | Penetrate, read on run                                   |
| Open End     | Loose 3<br>JET        | Movement, Ball, T/NB | Play to: 'C' Gap<br>Play away: Upfield 'C' Gap.         | 'C' Gap<br>Right Outside  | Spill all plays to except T turnout. TE present = Stack. |
| Nose         | CL 3 on C<br>JET      | Movement, Ball, C    | Play to: Closed 'A' Gap<br>Play away: Closed 'A'        | Closed 'A'<br>Left Inside | Penetrate, read on run                                   |
| Under Tackle | 3 on G<br>JET         | Movement, Ball, or G | Play to: 'B' Gap<br>Play away: 'B' Gap, Squeeze 'A'     | Two Way Go!               |  |
| Sam          | Backer<br>Backer      | TE                   | Play to: 'D' Gap<br>Play away: 'D' Gap, Outback pursuit |                           | Can't be hooked by TE                                    |
| Will         | Tan                   | Backs thru T         | Play to: 'D' Gap<br>Play away: Backside 'A'             |                           | Spill or contain by call/gameplan                        |
| Mike         | Cheat, align by form. | Backs thru B         | Play to: Closed 'B' Gap<br>Play away: DBP Cov.          |                           |  |
|              |                       |                      |   |                           |  |

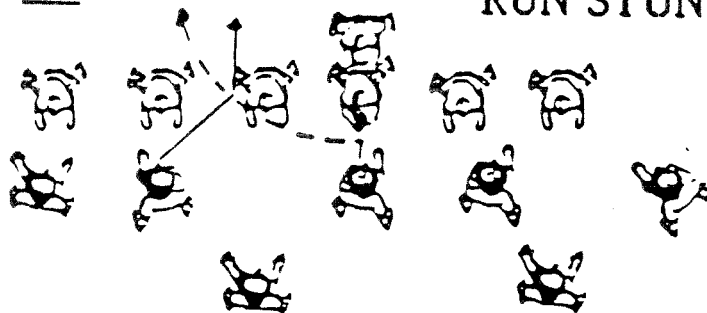
# UNDER STONE

CLOSED LEFT



| SITION       | ALIGN TECH.     | KEY                  | RUN RESPONSIBILITY   | PASS RUSH LANE           | COACHING POINTS  |
|--------------|-----------------|----------------------|--|--------------------------|--|
| Closed End   | 2 on T<br>2 Gap | Tackle               | Play to: 'S' Gap.<br>Play away: 'B' Gap                    | 'C' Gap<br>Left Outside  | Stretch 5 yds. Play inside out on L.O.S.                 |
| Open End     | Loose 3<br>JET  | Movement, Ball, T/NB | Play to: 'C' Gap<br>Play away: Upfield 'C' Gap.            | 'C' Gap<br>Right Outside | Spill all plays to except T turnout. TE present = Stack. |
| Nose         | 2 on C<br>2 Gap | Center               | Play to: Onside<br>Play away: 'A' Gap                      | Closed 'A' Gap           | Can't be scooped. Replace LB if back door                |
| Under Tackle | 3 on G<br>JET   | Movement, Ball, or G | Play to: 'B' Gap<br>Play away: 'B' Gap, Squeeze 'A'        | Two Way Go!              |  |
| Sam          | Anchor<br>2 Gap | TE                   | Play to: Control TE<br>'D' Gap<br>Play away: 'C' Gap       |                          | Flow away=Cutbacks                                       |
| Will         | Tan             | Backs thru T         | Play to: 'D' Gap<br>Play away: Backside 'A'                |                          |  |
| Mike         | Base<br>Base    | Backs thru G         | Play to: 'C' Gap<br>Squeeze 'B'<br>Play away: Backside 'A' |                          |  |
|              |                 |                      |  |                          |  |

## RAM



## RUN STUNTS

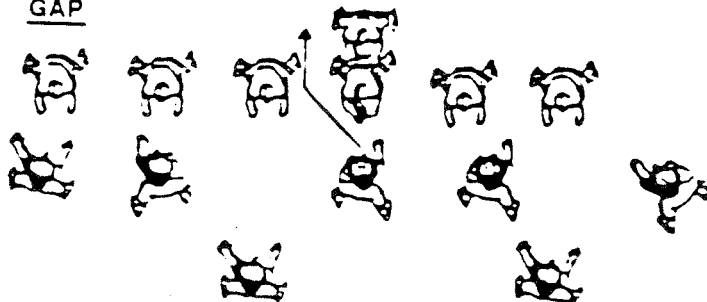
BUBBLE END: TAKE 'B' GAP - AIM AT THE SHOULDER OF GUARD. C.P.: YOU CANNOT BE CUT-OFF. C.P.: IF GUARD VACATES - CLOSE!

NOSE TACKLE: PLAY NORMAL TECHNIQUE. COME AROUND TO CONTAIN ON PASS.

MIKE: FLOW TO - SCRAPE TO 'C' GAP.

C.P.: BE ALERT FOR SLIP BLOCK.

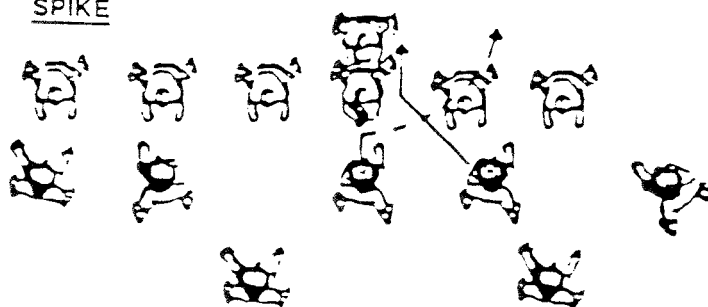
## GAP



NOSE TACKLE: SWIM CENTER TO THE BUBBLE SIDE 'A' GAP.

MIKE: C.P.: EXPECT A QUICK SCOOP BLOCK FROM CENTER WITH WEAKSIDE RUN.

## SPIKE

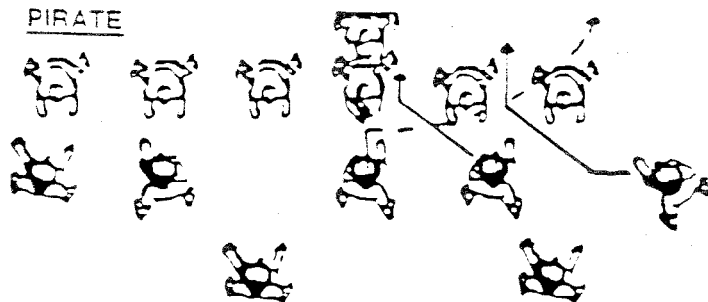


UNDER TACKLE: USE 'ARROW' TECHNIQUE ATTACKING THE 'A' GAP. C.P.: FIGHT TO KEEP FROM BEING CUT OFF ON FLOW STRONGSIDE.

NOSE TACKLE: PLAY NORMAL TECHNIQUE - IF HIGH HAT, COME AROUND UNDER TACKLE (WIDE TOM). C.P.: CHEAT STRONG-COCK.

WILL: FLOW WEAK - FILL THE 'B' GAP.

## PIRATE



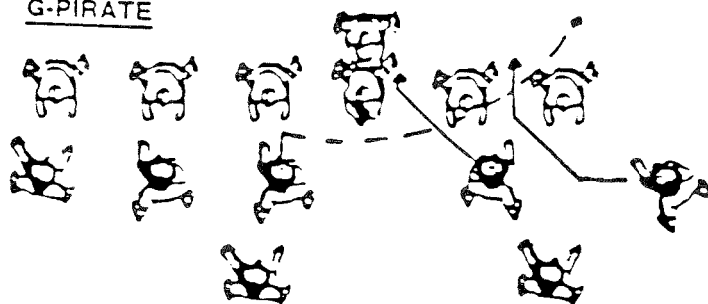
UNDER END: USE 'CRASH' TECHNIQUE INTO THE 'B' GAP.

UNDER TACKLE: USE 'ARROW' TECHNIQUE INTO THE 'A' GAP.

NOSE TACKLE: PLAY NORMAL TECHNIQUE - IF HIGH HAT, COME AROUND T & E (ISO NOSE). C.P.: CHEAT STRONG COCK.

WILL: SCRAPE TO 'C' GAP.

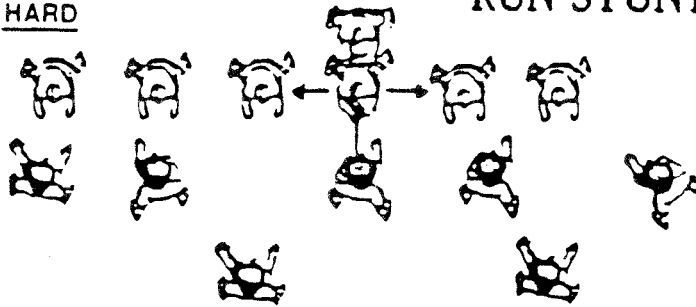
## G-PIRATE



THIS IS THE SAME STUNT AS THE PIRATE EXCEPT THAT THE NOSE TACKLE ALIGNS IN THE 'G' POSITION.

# 

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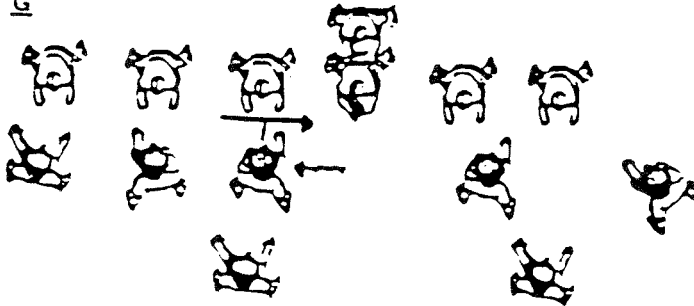


NOSE TACKLE: NORMAL ALIGNMENT - AGGRESSIVELY FRONT UP THE CENTER AND PLAY THE RUN FROM THE BACKSIDE. RUN THRU (POWER 2 TECH.)

WILL: FAST FLOW ON FLOW AWAY SINCE NOSE TACKLE HAS CUTBACK.

MIKE: SAME AS WILL WITH FLOW AWAY

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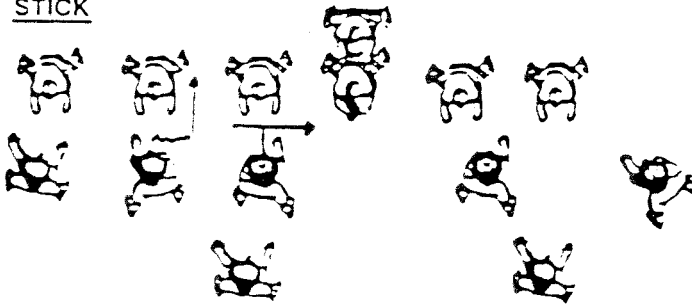


NOSE TACKLE: ALIGN HEAD UP ON THE GUARD WITH CONTROL RESPONSIBILITY IN THE 'A' GAP.

MIKE: FLOW TO 'B' GAP.

BUBBLE END: 'G' CALL PUTS YOU IN AUTOMATIC JET TECH.

### 

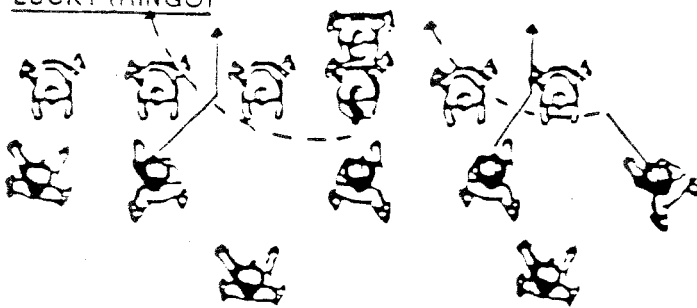


BUBBLE END: TAKE THE 'B' GAP TOUGH (NOT LIKE A RAM).

NOSE TACKLE: PLAY A 'G' TECHNIQUE. C.P.: IF PASS DEVELOPS YOU RUN A 'ME' GAME WITH CONTAIN RESPONSIBILITY.

MIKE: FLOW TO - 'C' GAP RESPONSIBILITY. C.P.: BE ALERT FOR SCOOP BLOCK.

### 

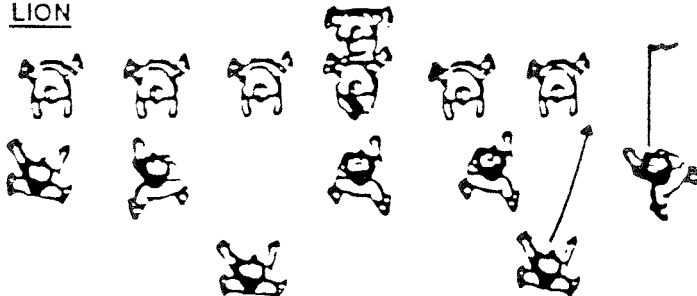


BUBBLE END AND NOSE TACKLE: RUN A QUICK 'RAM' STUNT.

UNDER TACKLE AND UNDER END: RUN A QUICK 'POP' STUNT.

C.P.: QUICK STUNT ON BUBBLE SIDE ... 'LUCKY/RINGO.'

### 

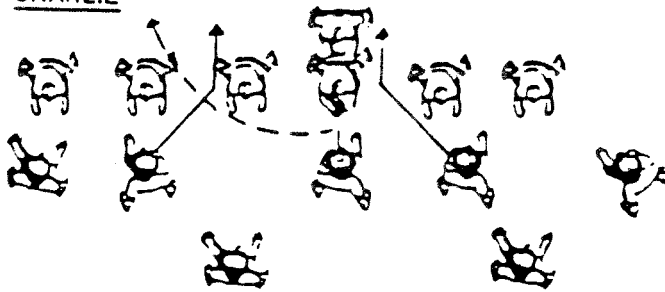


UNDER END: UPFIELD ATTACK, KEYING THE NEAR BACK - KEEP THE RUN INSIDE.

WILL: FILL RESPONSIBILITY INSIDE OF END.

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### 



BUBBLE END: "RAM" STUNT.

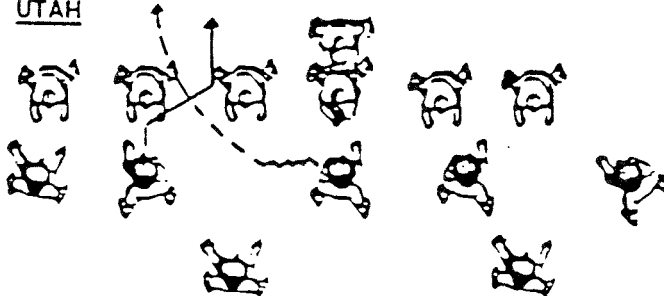
NOSE TACKLE: "RAM" STUNT.

UNDER TACKLE: "ARROW" TECHNIQUE.

MIKE: FILL THE "C" GAP. C.P.: BE ALERT FOR THE SCOOP.

WILL: FILL THE "B" GAP.

### 

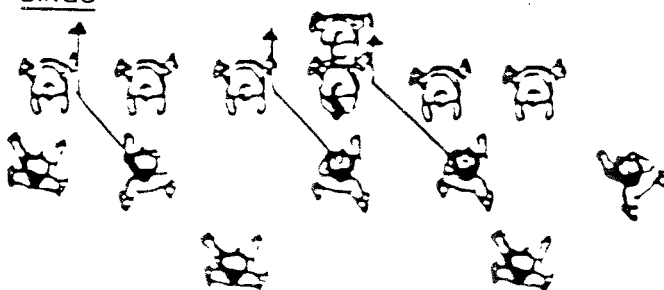


BUBBLE END: PLAY NORMAL SHADE TECHNIQUE. IF PASS SHOWS, RUN A DELAYED "U" GAME.

NOSE TACKLE: STEM (LATE) AND TAKE THE "B" GAP - CONTAIN IF PASS DEVELOPS.

MIKE: FLOW TO - CONTROL BUBBLE SIDE "A" GAP.

### 



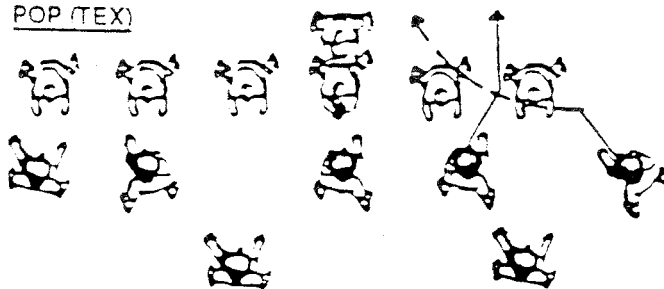
BUBBLE END: "LEO" TECHNIQUE.

NOSE TACKLE: CHARGE TO THE NECK OF THE GUARD TO BUBBLE SIDE.

UNDER TACKLE: "ARROW" TECHNIQUE.

WILL: CONTROL "B" GAP.

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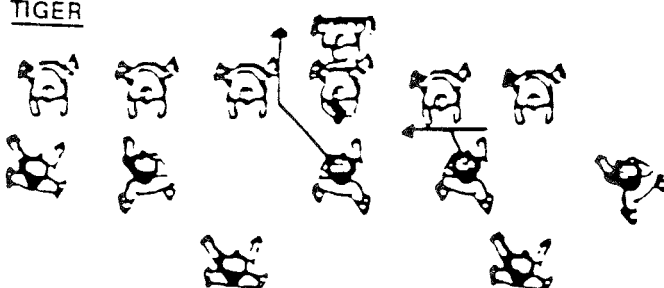


UNDER TACKLE: USE "STAB" TECHNIQUE AND CONTAIN ON THE PASS.

UNDER END: STEP UPFIELD AND PLAY NORMAL RUN TECHNIQUE - IF YOUR PASS KEY SHOWS, RUN A DELAYED "U".

WILL: CONTROL "A" GAP.

### 



UNDER TACKLE: "TAG" TECHNIQUE.

NOSE TACKLE: "GAP" TECHNIQUE.

WILL: CONTROL "B" GAP.

# 

"AG"

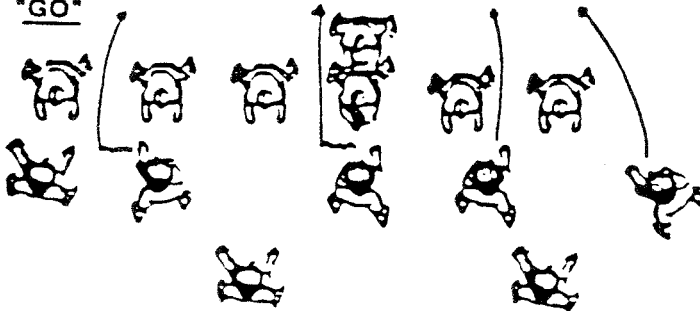


UNDER TACKLE: FROM NORMAL ALIGNMENT, FRONT UP THE GUARD AND CONTROL THE 'A' GAP.  
C.P.: IF THE GUARD VACATES - CLOSE!

WILL: TREAT IT THE SAME AS SPIKE - 'B' GAP.

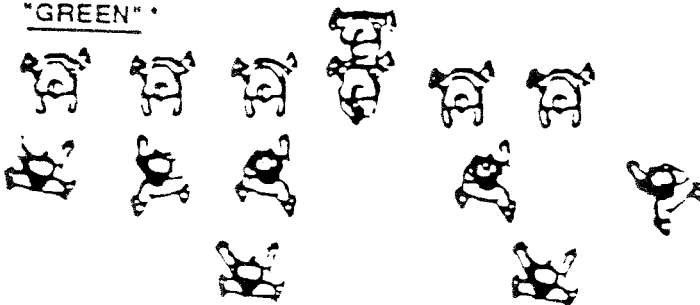
NOSE: CHECK STRONG-COCK.

"GO"



THIS ALERTS THE LINE TO GET THEMSELVES IN A PASS RUSH MODE. THE BUBBLE END WIDENS OUT IN THE 'C' GAP. THE NOSE TACKLE STILL MAINTAINS HIS RUN DISCIPLINE ON THE CENTER.  
C.P.: THE RUN KEYS STILL APPLY.

"GREEN"

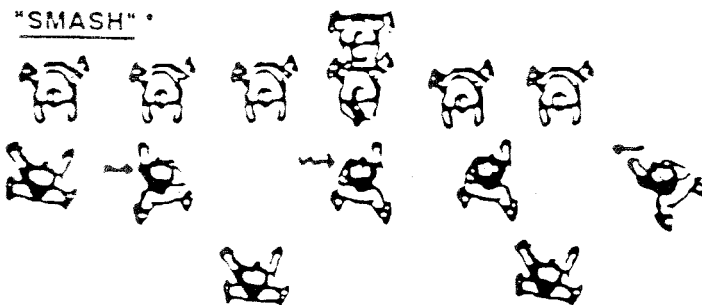


THIS IS A CALL BY THE MIKE LB TO ALERT THE LINE THAT IT IS A VERY HIGH PASS POSSIBILITY. THE BUBBLE END WIDENS (LIKE 'GO') AND THE NOSE TACKLE MOVES TO A 'G' POSITION. C.P.: THE RUN KEYS STILL APPLY.

NOSE = INSIDE RUSH.

\*ALERT GAME PLAN (E/T, ISO'S, TOM'S, ETC.)

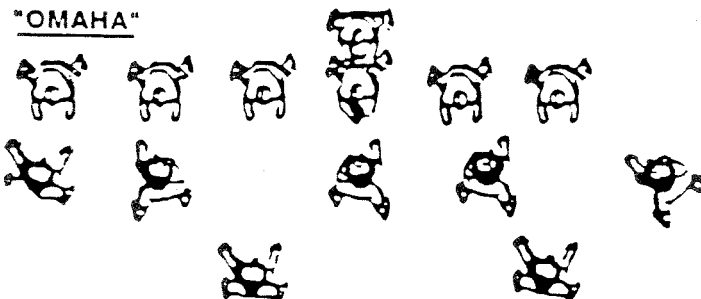
"SMASH"



THIS IS A CALL BY THE MIKE LB TO TAKE THE DEFENSE BACK TO A RUN MODE (THIS WOULD BE FROM 'GO' OR 'GREEN' BACK TO BASE.)

\* 'WHITE KNUCKLE,' \* 'SMELL-A-RAT'

"OMAHA"

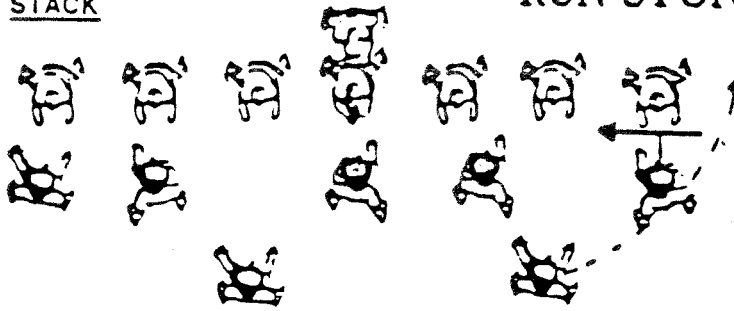


THIS IS A CALL BY THE MIKE LB TO CALL OFF ANY STUNT AND RETURN THE DEFENSE TO BASE - IT CALLS OFF ALL STUNTS.

NOTE: IF A SECOND STUNT IS CALLED, THE PREVIOUS STUNT IS OFF. (THE LAST CALL IS THE ONLY CALL.)

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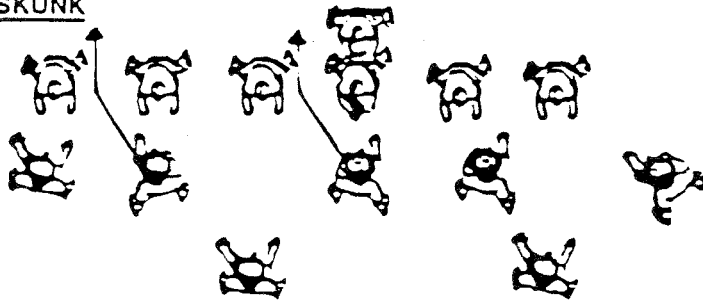
'TIGHT' IS THE ALIGNMENT RULE AND TECHNIQUE IF THERE IS A NEAR TIGHT END AND NOTHING IS SAID.

UNDER END: ALIGN HEAD UP ON THE TIGHT END-PLAY 2 GAP TECHNIQUE CONTROLLING THE 'C' GAP.

WILL: ALIGN IN TAN POSITION AND SCRAPE TO THE 'D' GAP.

C.P.: THE SAME RULES APPLY FOR THE END AND SAM IN THE OVER STACK DEFENSE.

### 

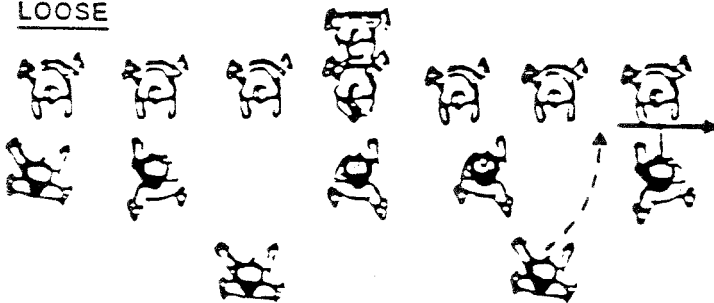


BUBBLE END: USE THE 'LEO' TECHNIQUE.

NOSE TACKLE: USE THE 'GAP' STUNT.

MIKE: WITH FLOW WEAKSIDE, BE READY FOR 'SCOOP' BLOCK.

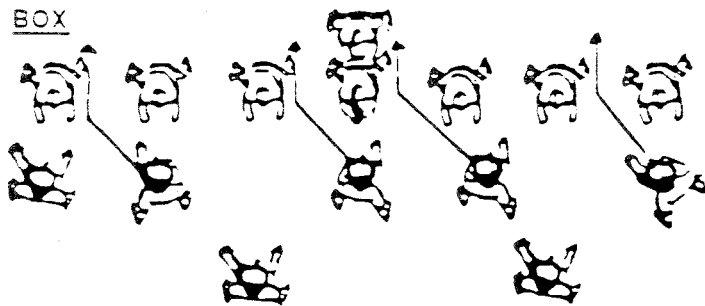
### 



UNDER END: ALIGN IN 'SHADE' - GAIN GROUND AND CONTROL THE TIGHT END TO THE 'D' GAP.

WILL: FLOW TO - 'C' GAP RESPONSIBILITY.

### 



UNDER END: RUN A 'BUCK' STUNT.

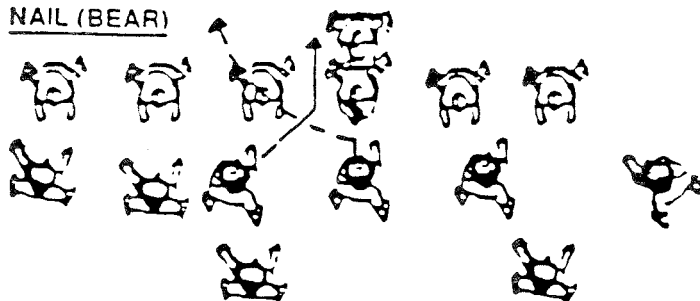
UNDER TACKLE: RUN AN 'ARROW' TECHNIQUE.

NOSE TACKLE: CHARGE TO THE NECK OF THE GUARD ON THE BUBBLE SIDE.

BUBBLE END: RUN A 'LEO' TECHNIQUE.

WILL: SAME AS BUCK.

### 

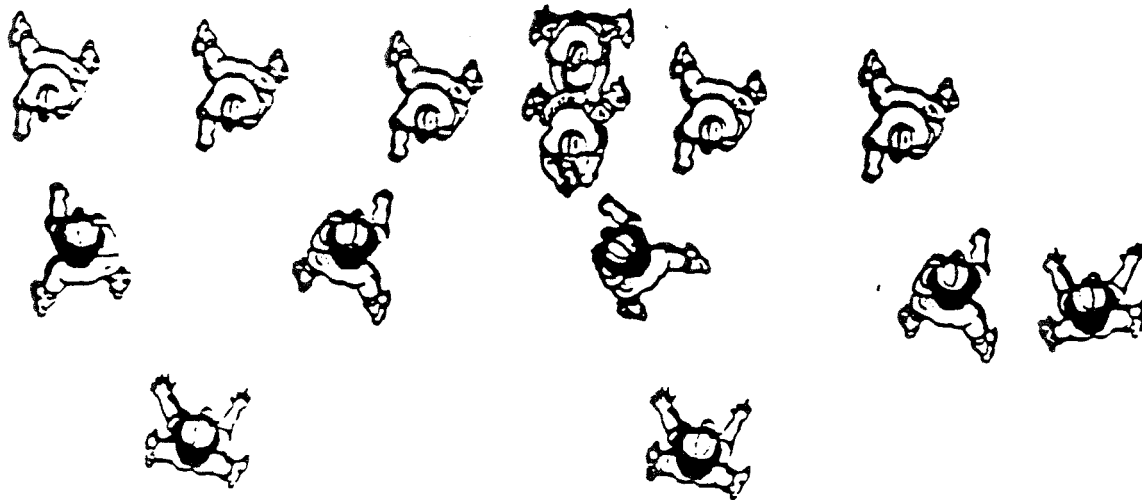


SAME AS A SPIKE EXCEPT IT IS EXECUTED BY THE END IN THE DOWN POSITION (RATHER THAN THE UNDER TACKLE).

BUBBLE (DOWN) END: USE 'ARROW' TECHNIQUE ATTACKING THE 'A' GAP.

NOSE TACKLE: PLAY NORMAL TECHNIQUE, COME AROUND THE 'DOWN' END AND CONTAIN WHEN PASS SHOWS.

# OVER

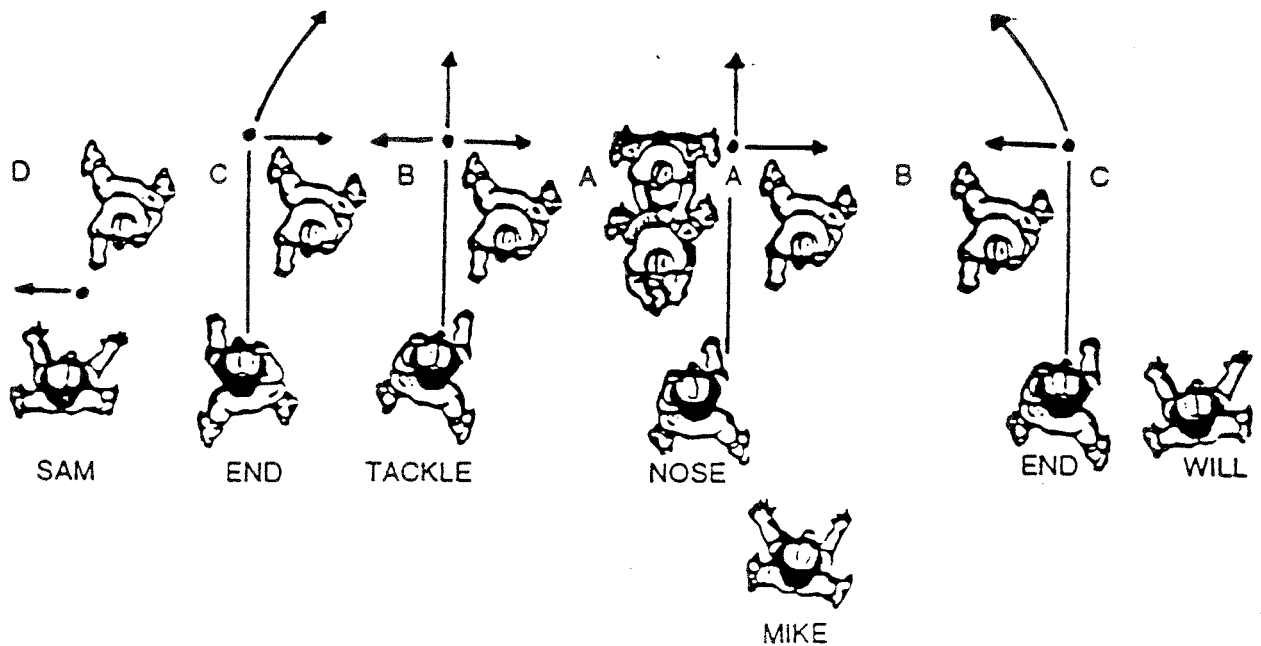


| POSITION     | ALIGN TECH.        | KEY                  | RUN RESPONSIBILITY  | PASS RUSH LANE          | COACHING POINTS                             |
|--------------|--------------------|----------------------|---|-------------------------|---|
| Closed End   | 1 on TE<br>STACK   | TE                   | Play to: 'C' Gap.<br>Play away: 'C' Gap                         | Left Outside<br>Contain | Mismatch! Stretch 5 yds play inside out     |
| Open End     | 3 on T<br>JET      | Movement, Ball, T    | Play to: 'C' Gap<br>Play away: 'C' Gap<br>Squeeze B.            | Right Outside           | Penetrate, read on run                      |
| Nose         | OP 3 on C<br>JET   | Movement, Ball, C    | Play to: Open 'A' Gap<br>Play away: Open 'A' Gap                | Open 'A' Gap            | Penetrate, read on run                      |
| Under Tackle | 3 on G<br>JET      | Movement, Ball, or G | Play to: 'B' Gap<br>Play away: 'B' Gap,<br>Squeeze 'A'          | Two Way Go!             | Alert double team                           |
| Sam          | by form.<br>Backer | Near Back            | Play to: Contain<br>Play away: Fold                             |                         | Vision on T<br>Align away from closed call. |
| Will         | Tan<br>Tan         | Backs thru T         | Play to: Stack with End<br>Find ball<br>Play away: Backside 'A' |                         | Align to closed call                        |
| Mike         | Base<br>Base       | Backs thru G         | Play to: 'B' Gap<br>Play away: Frontside 'A'                    |                         |   |
|              |                    |                      |   |                         |   |



# OVER JET

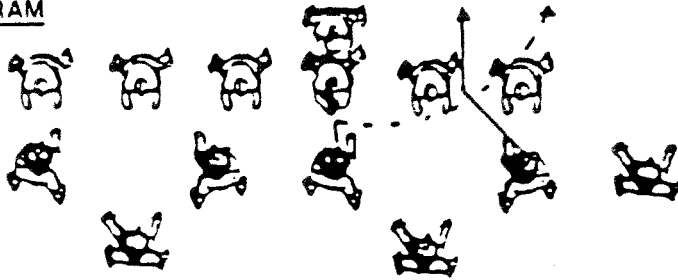
CLOSED LEFT



| POSITION     | ALIGN TECH.         | KEY                  | RUN RESPONSIBILITY                                  | PASS RUSH LANE           | COACHING POINTS        |
|--------------|---------------------|----------------------|---|--------------------------|------------------------|
| Closed End   | 3 on T<br>JET       | Movement, Ball, T    | Play to: 'C' Gap.<br>Play away: 'C' Gap, Squeeze B. | 'C' Gap<br>Left Outside  | Penetrate, read on run |
| Open End     | 3 on T<br>JET       | Movement, Ball, T    | Play to: 'C' Gap<br>Play away: 'C' Gap Squeeze B.   | 'C' Gap<br>Right Outside | Penetrate, read on run |
| Nose         | OP 3 on C<br>JET    | Movement, Ball, C    | Play to: Open 'A' Gap<br>Play away: Open 'A' Gap    | Open 'A'<br>Right Inside | Penetrate, read on run |
| Under Tackle | 3 on G<br>JET       | Movement, Ball, or G | Play to: 'B' Gap<br>Play away: 'B' Gap, Squeeze 'A' | Two Way Go!              |                        |
| Sam          | Backer<br>Backer    | TE                   | Play to: 'D' Gap<br>Play away: Cutback pursuit      |                          |                        |
| Will         | on L.O.S.<br>Backer | Near Back            | Play to: Contain<br>Play away: Fold                 |                          | Vision on T            |
| Mike         | Base<br>Base        | Backs thru G         | Play to: 'B' Gap<br>Play away: Frontside 'A'        |                          |                        |
|              |                     |                      |   |                          |                        |

# OVER STACK STUNTS

## RAM



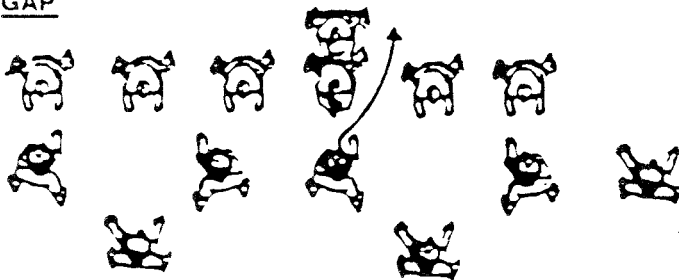
BUBBLE END: TAKE 'B' GAP - AIM AT THE SHOULDER OF GUARD. C.P.: YOU CANNOT BE CUT OFF. C.P.: IF GUARD VACATES - CLOSE!

NOSE TACKLE: PLAY NORMAL TECHNIQUE. COME AROUND TO CONTAIN ON PASS.

MIKE: FLOW TO - SCRAPE TO 'C' GAP.

C.P.: BE ALERT FOR SLIP BLOCK.

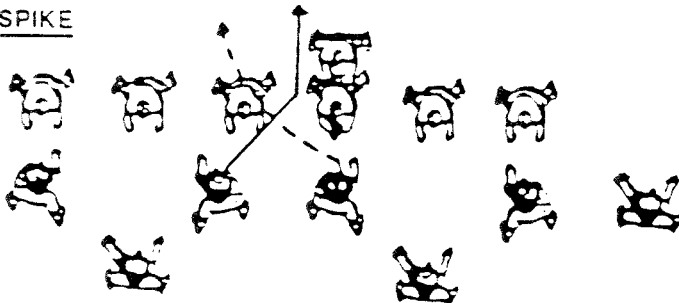
## GAP



NOSE TACKLE: SWIM CENTER TO THE BUBBLE SIDE 'A' GAP.

MIKE: C.P.: EXPECT A QUICK SCOOP BLOCK FROM CENTER WITH WEAKSIDE RUN.

## SPIKE

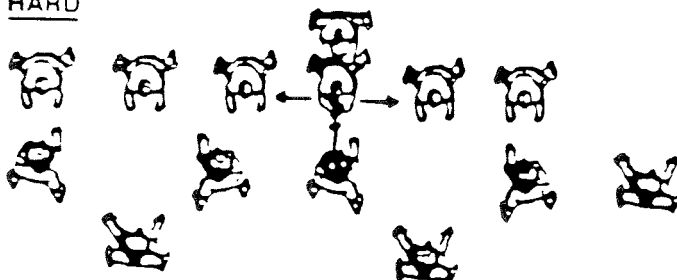


UNDER TACKLE: USE 'ARROW' TECHNIQUE ATTACKING THE 'A' GAP. C.P.: FIGHT TO KEEP FROM BEING CUT OFF FROM FLOW STRONGSIDE.

NOSE TACKLE: PLAY NORMAL TECHNIQUE - IF HIGH HAT, COME AROUND UNDER TACKLE (WIDE TOM). C.P.: CHEAT STRONG-COCK.

MIKE: FLOW ST. - FILL THE 'B' GAP.

## HARD

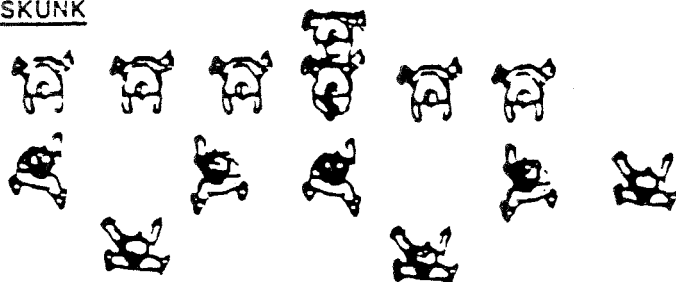


NOSE TACKLE: NORMAL ALIGNMENT - AGGRESSIVELY FRONT UP THE CENTER AND PLAY THE RUN FROM THE BACKSIDE. RUN THRU (POWER 2 TECH.)

MIKE: FAST FLOW TO FLOW AWAY SINCE NOSE TACKLE HAS CUTBACK.

# OVER STACK STUNTS

## SKUNK

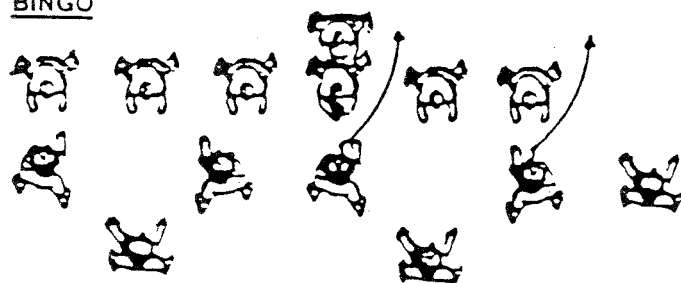


BUBBLE END: USE THE 'LEO' TECHNIQUE.  
C.P.: IF GUARD VACATES - CLOSE!

NOSE TACKLE: USE THE 'GAP' STUNT.

MIKE: WITH FLOW WEAKSIDE BE READY FOR 'SCOOP' BLOCK.

## BINGO



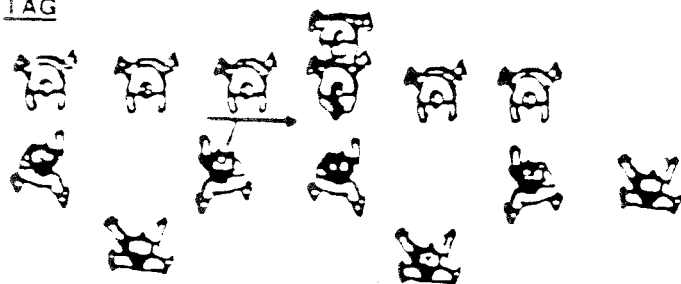
BUBBLE END: 'LEO' TECHNIQUE.

NOSE TACKLE: CHARGE TO THE NECK OF THE GUARD TO BUBBLE SIDE.

UNDER TACKLE: 'ARROW' TECHNIQUE.

MIKE: CONTROL 'B' GAP.

## TAG

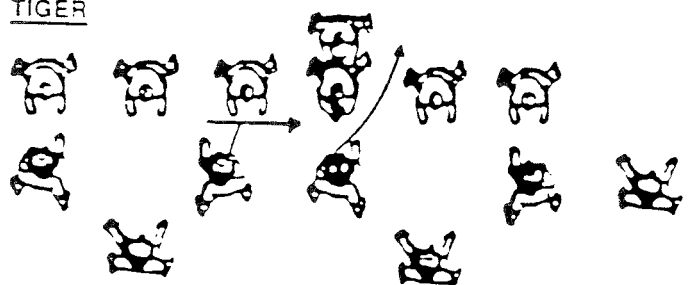


UNDER TACKLE: FROM NORMAL ALIGNMENT, FRONT UP THE GUARD AND CONTROL THE 'A' GAP.  
C.P.: IF THE GUARD VACATES - CLOSE!

MIKE: TREAT IT THE SAME AS SPIKE - 'B' GAP.

NOSE: CHEAT STRONG-COCK.

## TIGER



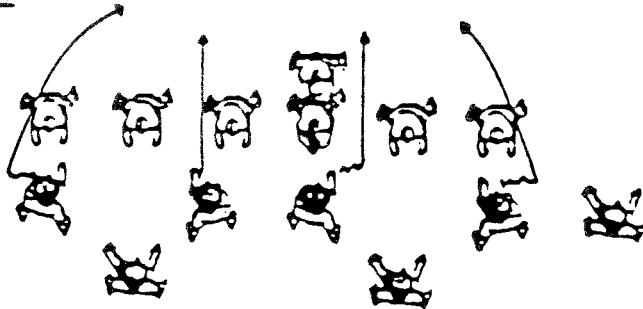
UNDER TACKLE: 'TAG' TECHNIQUE.

NOSE TACKLE: 'GAP' TECHNIQUE.

MIKE: FILL THE 'B' GAP. C.P.: BE ALERT FOR THE SCOOP. (ST.)

# OVER STACK STUNTS

GO



THIS ALERTS THE LINE TO GET THEMSELVES IN A PASS RUSH MODE. THE BUBBLE END WIDENS OUT IN THE 'C' GAP. THE NOSE TACKLE STILL MAINTAINS HIS RUN DISCIPLINE ON THE CENTER. C.P.: THE RUN KEYS STILL APPLY.

"GREEN"

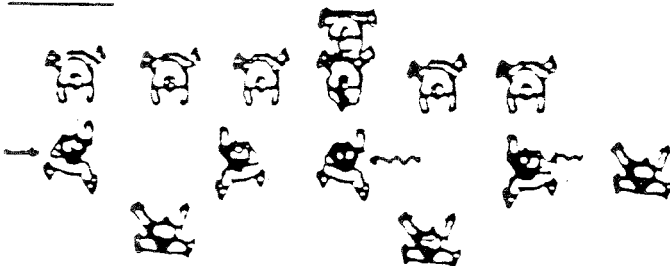


THIS IS A CALL BY THE MIKE LB TO ALERT THE LINE THAT IT IS A VERY HIGH PASS POSSIBILITY. THE BUBBLE END WIDENS (LIKE 'GO') AND THE NOSE TACKLE MOVES TO A 'G' POSITION. C.P.: THE RUN KEYS STILL APPLY.

NOSE = INSIDE RUSH.

\*ALERT GAME PLAN (E/T, ISO'S, TOM'S, ETC.)

"SMASH"



THIS IS A CALL BY THE MIKE LB TO TAKE THE DEFENSE BACK TO A RUN MODE - (THIS WOULD BE FROM 'GO' OR 'GREEN' BACK TO BASE).

\* 'WHITE KNUCKLE,' \* 'SMELL-A-RAT'

"OMAHA"

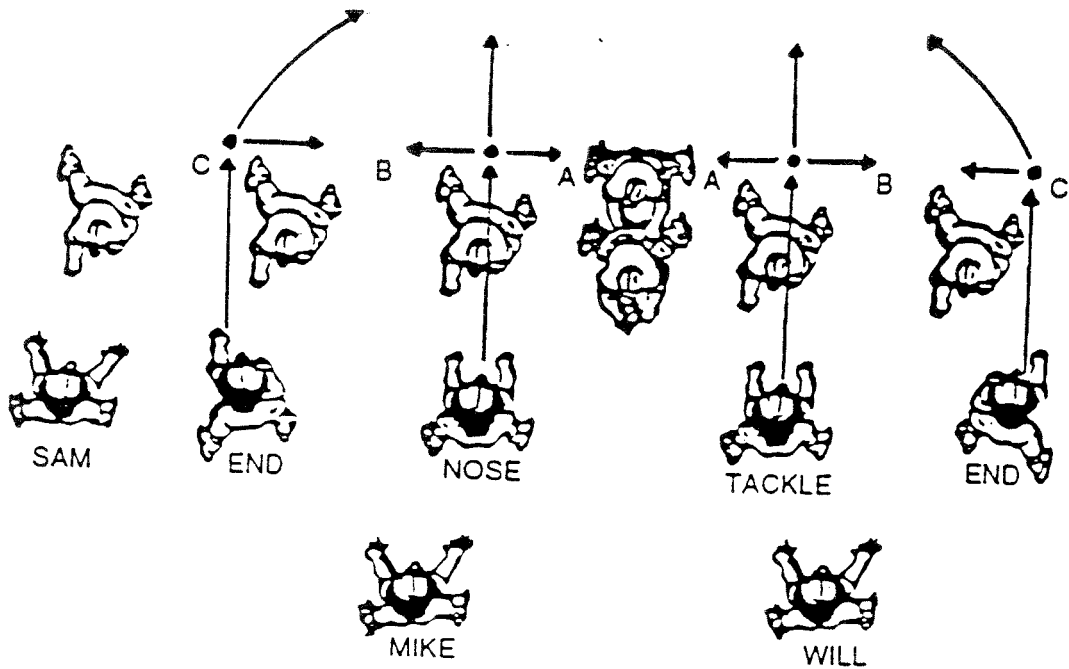


THIS IS A CALL BY THE MIKE LB TO CALL OFF ANY STUNT AND RETURN THE DEFENSE TO BASE - IT CALLS OFF ALL STUNTS.

NOTE: IF A SECOND STUNT IS CALLED, THE PREVIOUS STUNT IS OFF. (THE LAST CALL IS THE ONLY CALL.)

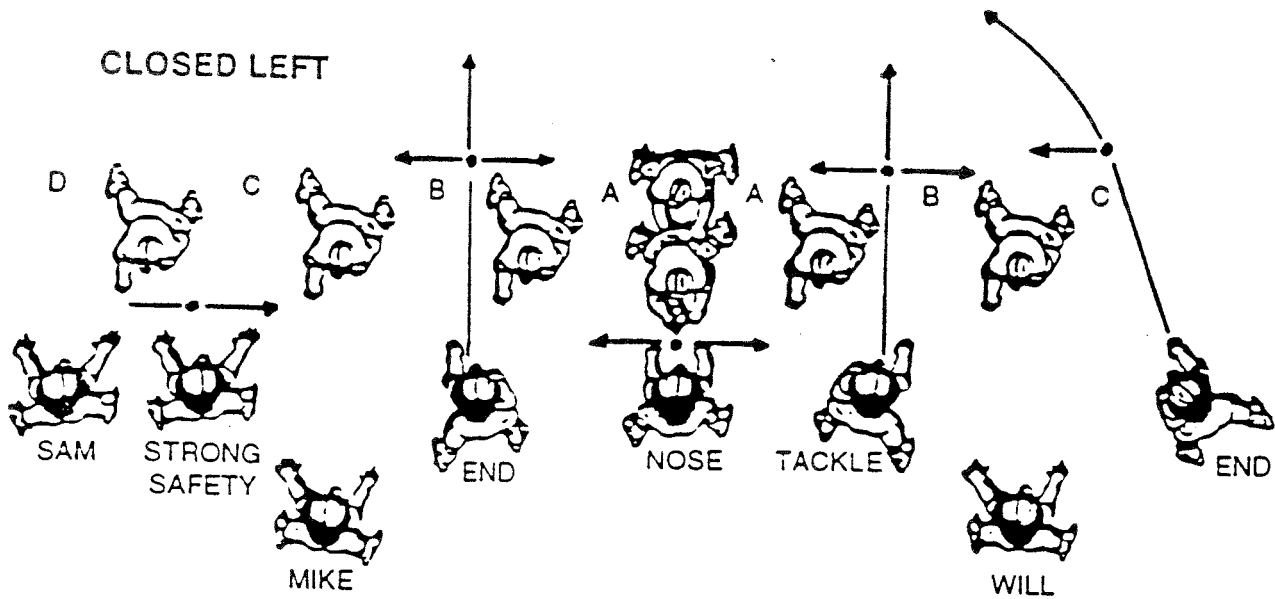
# EVEN

CLOSED LEFT



| POSITION     | ALIGN TECH.       | KEY               | RUN RESPONSIBILITY                                       | PASS RUSH LANE                    | COACHING POINTS                                  |
|--------------|-------------------|-------------------|--|-----------------------------------|--|
| Closed End   | 3 on T<br>JET     | Movement, Ball, T | Play to: 'C' Gap.<br>Play away: 'C' Gap, Squeeze B       | Left Outside                      | Penetrate, read on run                           |
| Open End     | 3 on T<br>JET     | Movement, Ball, T | Play to: 'C' Gap<br>Play away: 'C' Gap Squeeze B.        | Right Outside                     | Penetrate, read on run<br>TE present=Stack tech. |
| Nose         | 2 on G<br>Power G | Movement, Ball, G | Play to: Closed 'A'<br>Play away: Closed 'B'             | Pressure lane, 2 way go, LOG/ROCK | Back door reach.<br>LOG/ROCK closed side         |
| Under Tackle | 2 on G<br>Power G | Movement, Ball, G | Play to: Open 'A'<br>Play away: Open 'B'                 | Pressure lane, 2 way go, LOG/ROCK | Back door reach.<br>LOG/ROCK closed side         |
| Sam          | Backer            | TE                | Play to: Backer<br>Play away: 'D' Gap<br>Cutback pursuit |                                   | Cutback pursuit                                  |
| Will         | G<br>G            | Backs             | Play to: 'B' Gap<br>Play away: Backside 'A'              |                                   | Know where safety is                             |
| Mike         | G<br>G            | Backs             | Play to: 'B' Gap<br>Play away: Backside 'A'              |                                   | Know where safety is                             |
|              |                   |                   |  |                                   |  |

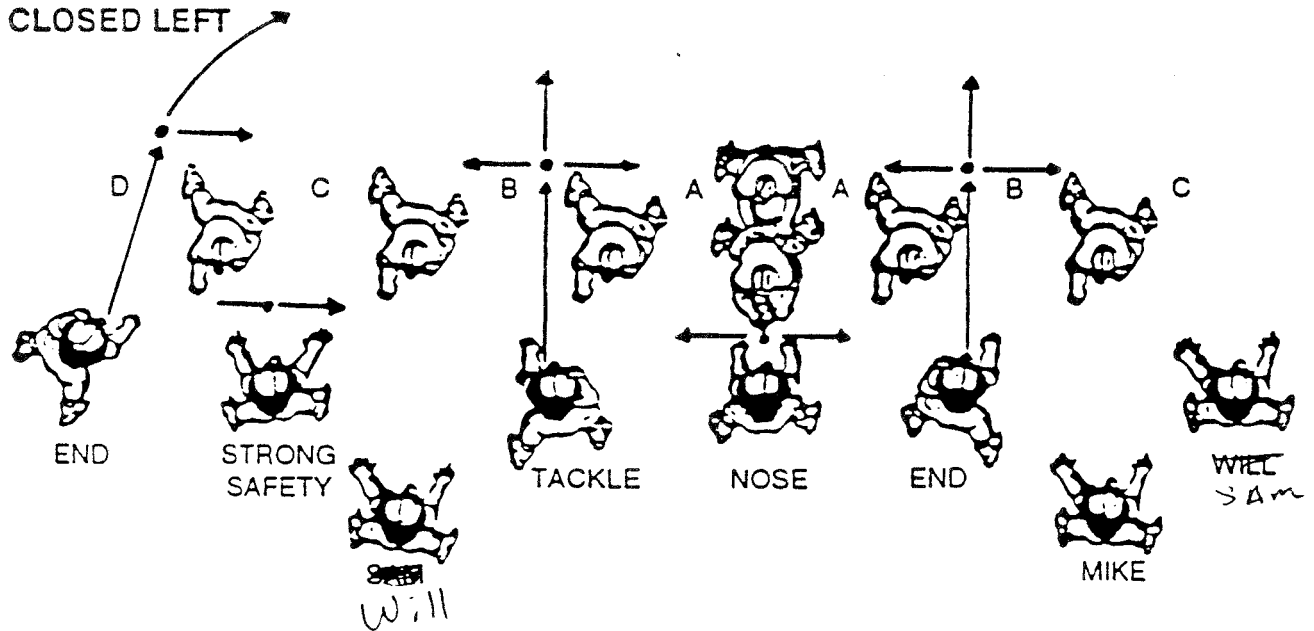
# BEAR



| POSITION      | ALIGN TECH.               | KEY                  | RUN RESPONSIBILITY  | PASS RUSH LANE           | COACHING POINTS   |
|---------------|---------------------------|----------------------|---|--------------------------|---|
| Closed End    | 3 on G<br>JET             | Movement, Ball, G    | Play to: 'B' Gap.<br>Play away: Squeeze 'A'               | Closed side pressure     | Penetrate, ricochet, can't be sealed                    |
| Under Tackle  | 3 on G<br>JET             | Movement, Ball, G    | Play to: 'B' Gap<br>Play away: Squeeze 'A'                | Open side pressure       | Penetrate, ricochet, can't be sealed                    |
| Nose          | 2 on C<br>2 Gap           | Center               | Play to: Backside<br>Play away: 'A' Gaps                  | 2 Way Go                 | Pass shows vs. eagle= closed rush lane.                 |
| Open End      | Loose 3<br>JET            | Movement, Ball, T/NB | Play to: 'C' Gap<br>Play away: Upfield 'C' Gap.           | 'C' Gap<br>Right Outside | Spill all plays to except T turnout                     |
| Sam           | Outside TE<br>Contain     | Near Back            | Play to: Contain<br>Play away: Chase                      | Contain                  | Contain, constrict running lane. Check reverse.         |
| Will          | G<br>G                    | Backs thru T         | Play to: 'D' Gap<br>Find ball.<br>Play away: Playside 'A' |                          | Near back = Tan<br>Alert swap                           |
| Mike          | G<br>G                    | Backs thru T         | Play to: 'D' Gap<br>Find ball.<br>Play away: Playside 'A' |                          | Near back=Tan. Alert swap. Eagle call=open 'A' vs. draw |
| Strong Safety | Inside eye<br>TE<br>2 Gap | TE                   | Play to: 'C' Gap<br>Play away: 'C' Gap                    |                          |   |

\* All aligned 1 back set - 'Check Eagle'

# OVER BEAR

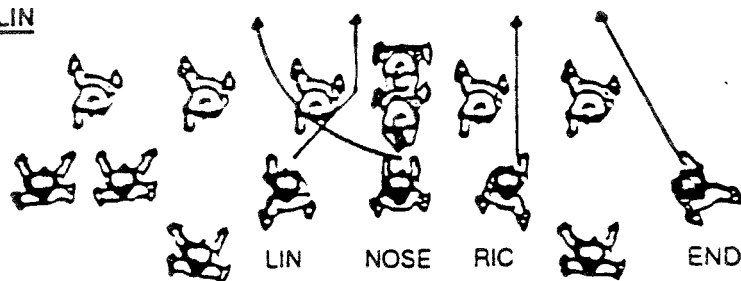


| POSITION      | ALIGN TECH.                          | KEY               | RUN RESPONSIBILITY  | PASS RUSH LANE       | COACHING POINTS                      |
|---------------|--------------------------------------|-------------------|---|----------------------|--------------------------------------|
| Closed End    | <u>Outside TE</u><br>Contain         | Near Back         | Play to: Contain<br>Play away: Chase                      | Contain              | Contain, constrict running lane.     |
| Under Tackle  | <u>3 on G</u><br>JET                 | Movement, Ball, G | Play to: 'B' Gap<br>Play away: Squeeze 'A'                | Closed side pressure | Penetrate, ricochet, can't be sealed |
| Nose          | <u>2 on C</u><br>2 Gap               | Center            | Play to: Backside<br>Play away: 'A' Gaps                  | 2 Way Go             |                                      |
| Open End      | <u>3 on G</u><br>JET                 | Movement, Ball, G | Play to: 'B' Gap<br>Play away: Squeeze 'A'                | Open Side pressure   | Penetrate, ricochet can't be sealed  |
| Will          | <u>3</u><br>G                        | Backs thru T      | Play to: 'D' Gap. Find ball.<br>Play away: Playside 'A'   |                      | Near back = Tan<br>Alert swap        |
| Sam           | 1 yard<br><u>outside OT</u><br>Crash | NB thru T         | Play to: 'C' Gap<br>Play away: Upfield 'C' squeeze.       | Contain              | Spill all runs to except T turnout   |
| Mike          | <u>G</u><br>G                        | Backs thru T      | Play to: 'D' Gap<br>Find ball.<br>Play away: Playside 'A' |                      | Near back = Tan.<br>Alert swap.      |
| Strong Safety | Inside eye<br><u>TE</u><br>2 Gap     | TE NB             | Play to: 'C' Gap<br>Play away: 'C' Gap                    |                      |                                      |

\* All aligned 1 back set - 'Check Eagle'

# BEAR GAMES

LIN



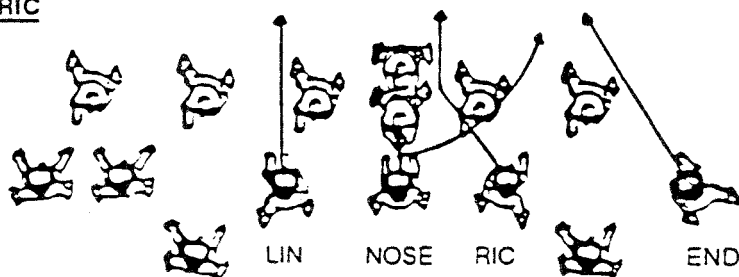
LIN - SPIKE, A GAP

NOSE - COME AROUND, B GAP

RIC - JET

END - JET

RIC



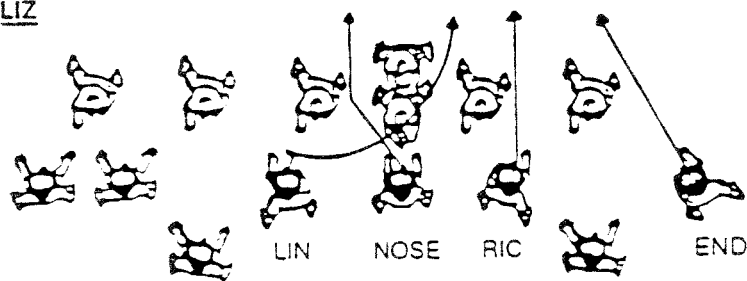
RIC - SPIKE, A GAP

NOSE - COME AROUND, B GAP

LIN - JET

END - JET

LIZ



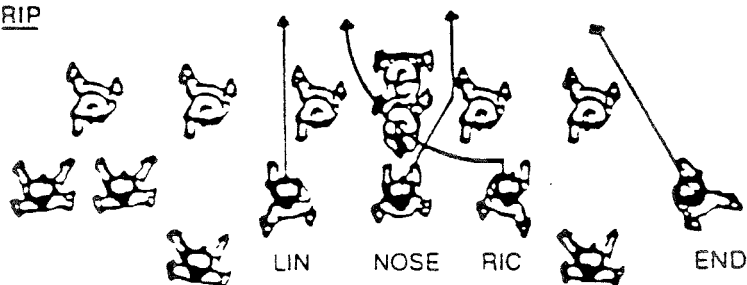
NOSE - LEFT A GAP

LIN - COME AROUND, RT A GAP

RIC - JET

END - JET

RIP



NOSE - RT A GAP

RIC - COME AROUND, LT A GAP

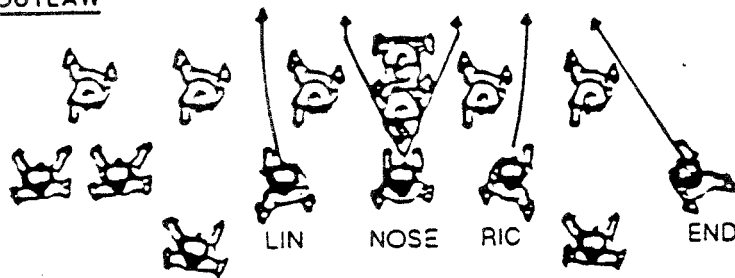
LIN - JET

END - JET



# BEAR GAMES

## OUTLAW



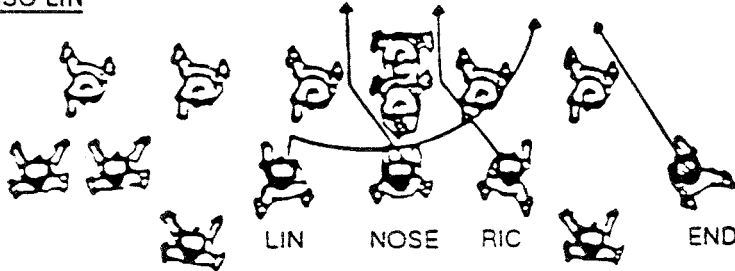
NOSE - 2 WAY GO

LIN - JET

RIC - JET

END - JET

## ISO LIN



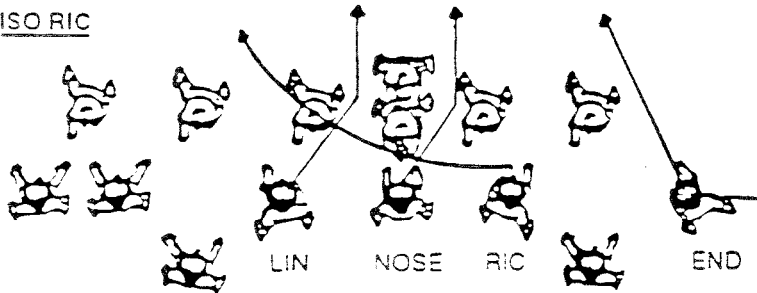
NOSE - LT A GAP

RIC - SPIKE, A GAP

LIN - COME AROUND, RT B GAP

END - JET

## ISO RIC



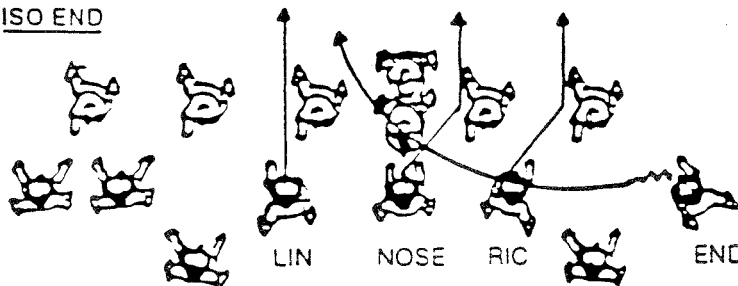
NOSE - RT A GAP

LIN - SPIKE, A GAP

RIC - COME AROUND, LT B GAP

END - JET

## ISO END



LIN - JET

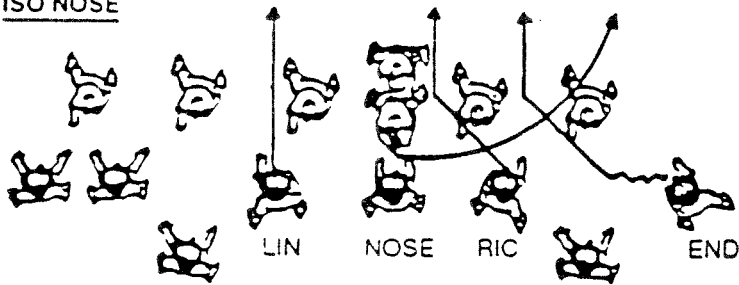
NOSE - RT A GAP

RIC - RT B GAP & OUTSIDE

END - COME AROUND, A GAP

# BEAR GAMES

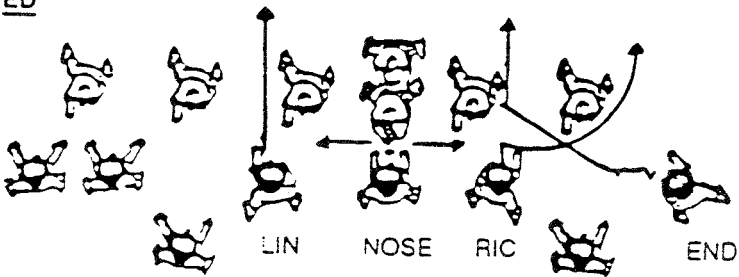
## ISO NOSE



## TO SIDE OF END

LIN - JET  
 RIC - SPIKE, A GAP  
 END - REDUCE, RAM B GAP  
 NOSE - COME AROUND, C GAP

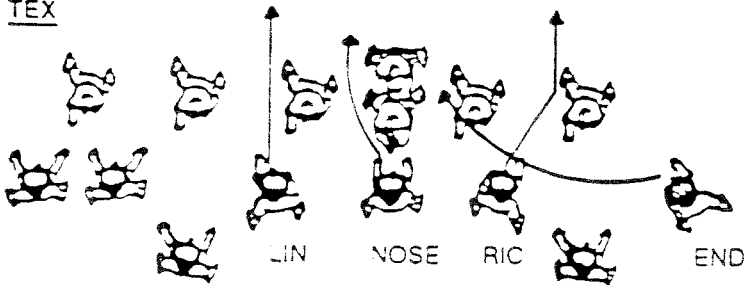
## ED



## TO SIDE OF END

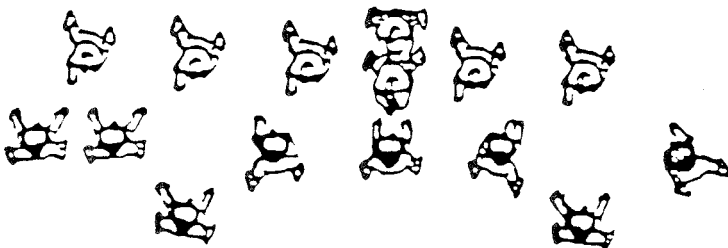
LIN - JET  
 RIC - 2 GAP  
 END - REDUCE, RAM B GAP  
 NOSE - COME AROUND, C GAP

## TEX



## TO SIDE OF END

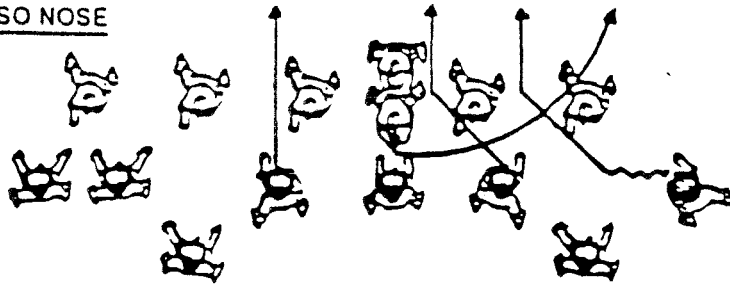
LIN - JET  
 NOSE - STRONG A GAP  
 RIC - B GAP  
 END - COME AROUND, A GAP



## BEAR GAMES

TO SIDE OF END

ISO NOSE

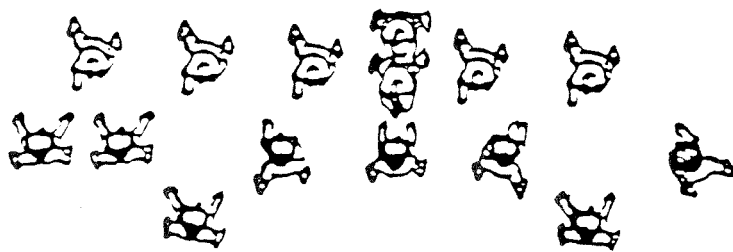
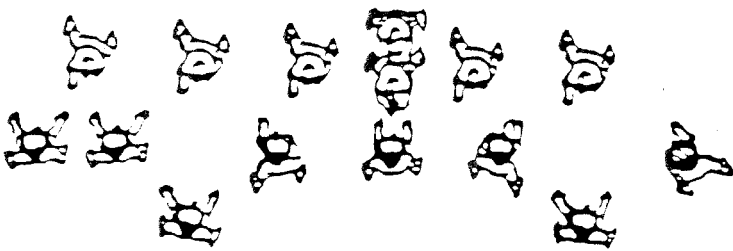
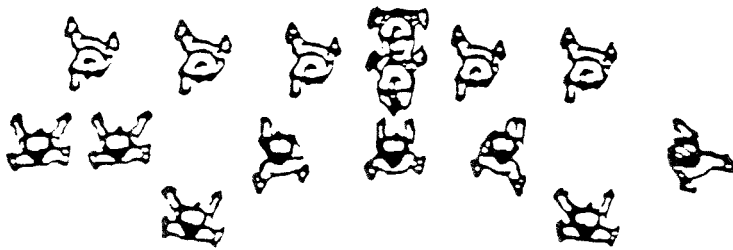


LIN - JET

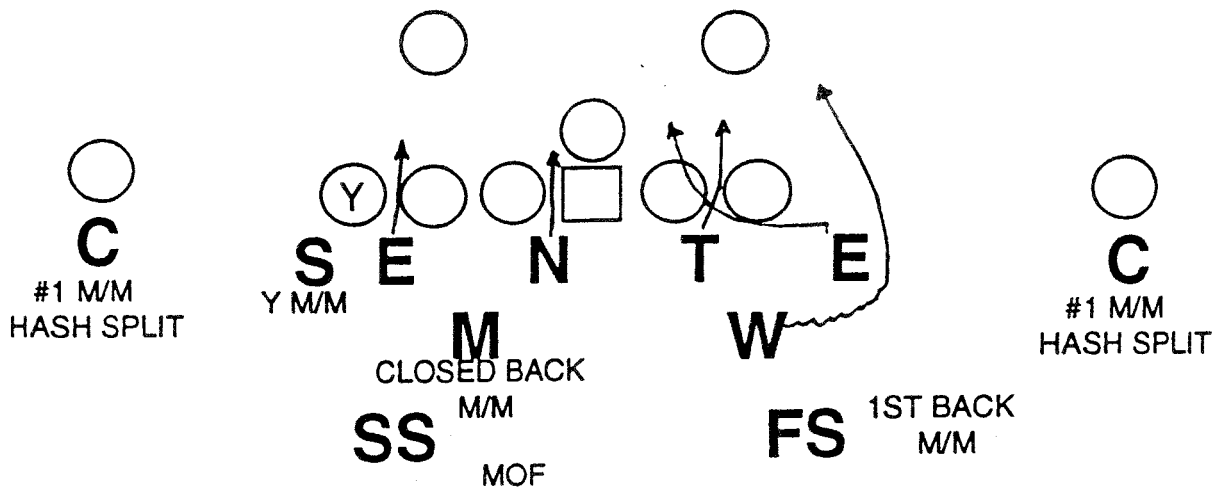
RIC - SPIKE, A GAP

END - REDUCE, RAM B GAP

NOSE - COME AROUND, C GAP

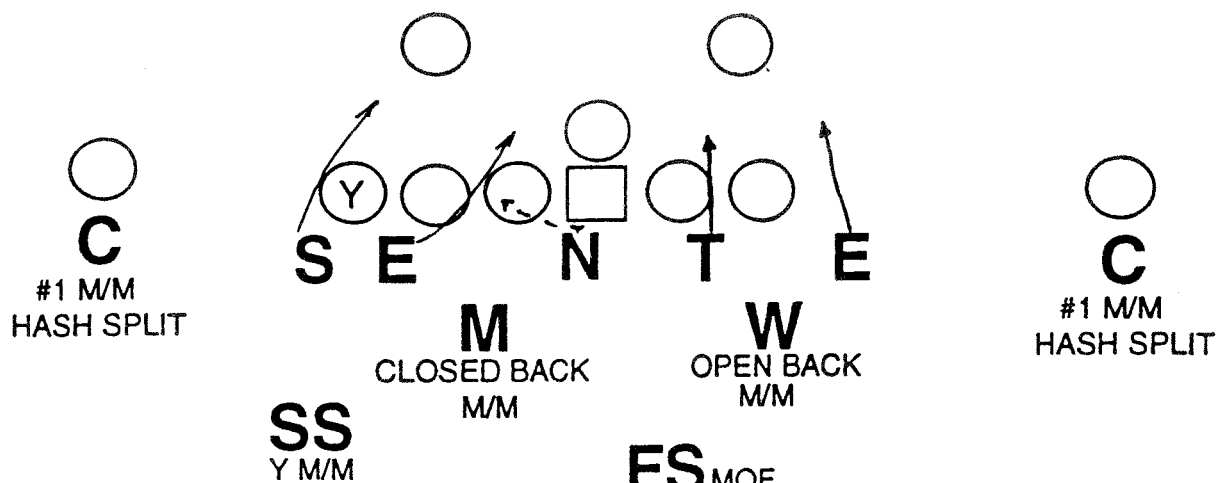


# UNDER WILL SPECIAL FREE



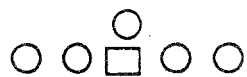
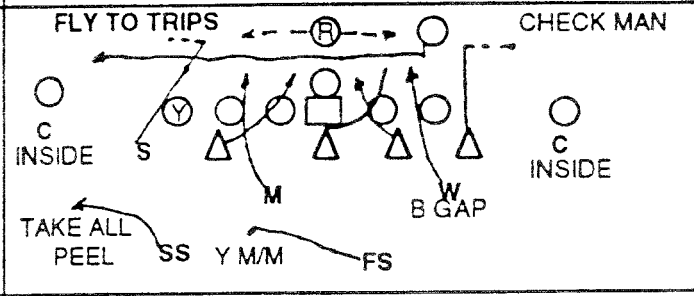
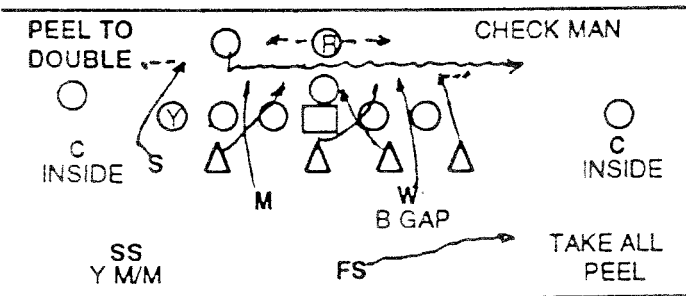
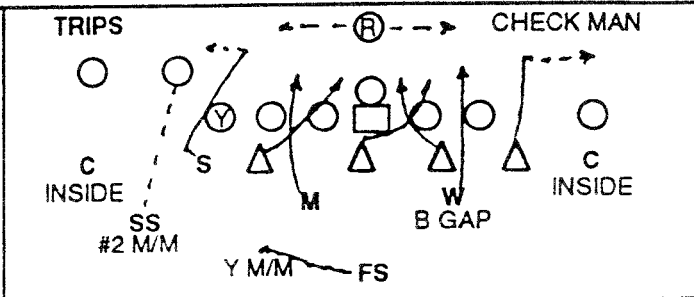
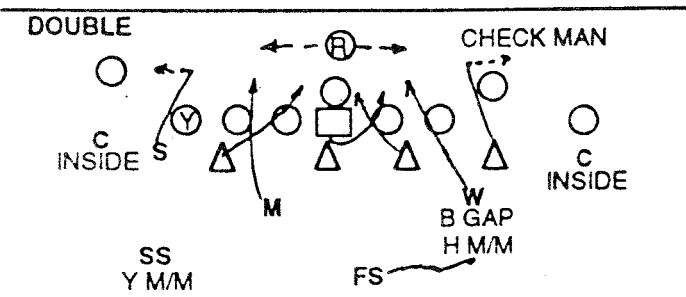
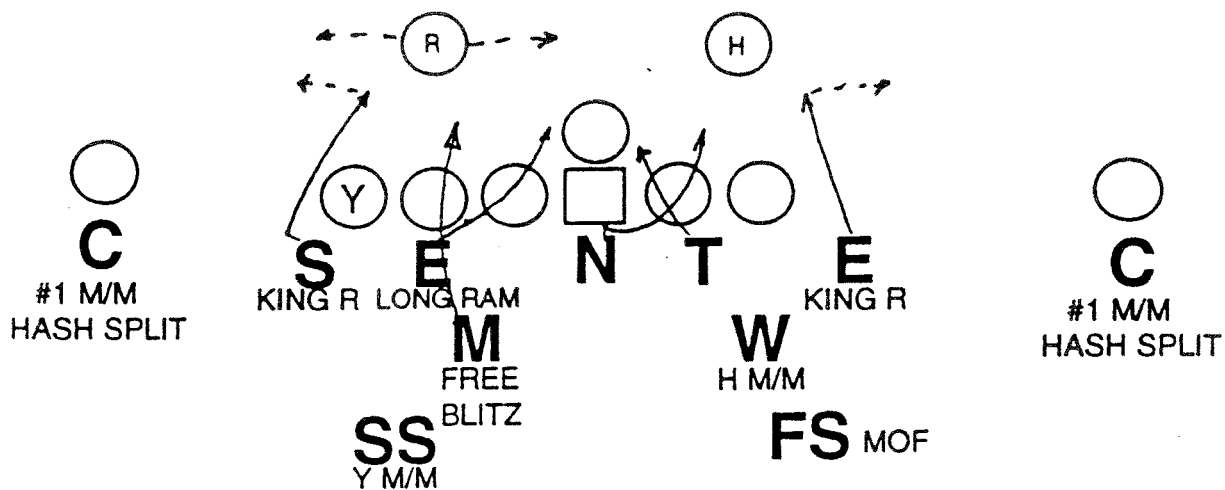
|  |  |
|--|--|
| <p>DOUBLE</p> <p>SS</p> <p>FS</p>  | <p>TRIPS</p> <p>SS</p> <p>FS</p>                     |
| <p>PEEL TO DOUBLE</p> <p>SS</p> <p>FS</p>  | <p>FLY TO TRIPS</p> <p>SS</p> <p>FS</p>              |
| <p>UNDER WEB</p> <p>M</p> <p>W</p>   | <p>UNDER WILL SWITCH</p> <p>M</p> <p>W</p> <p>FS</p> |
| <p>UNDER WANDA</p> <p>M</p> <p>W</p> <p>C.P. - FS POSSIBLE KEY BLITZ VS. 2 BACK SETS</p> |  |

# UNDER SAM FREE



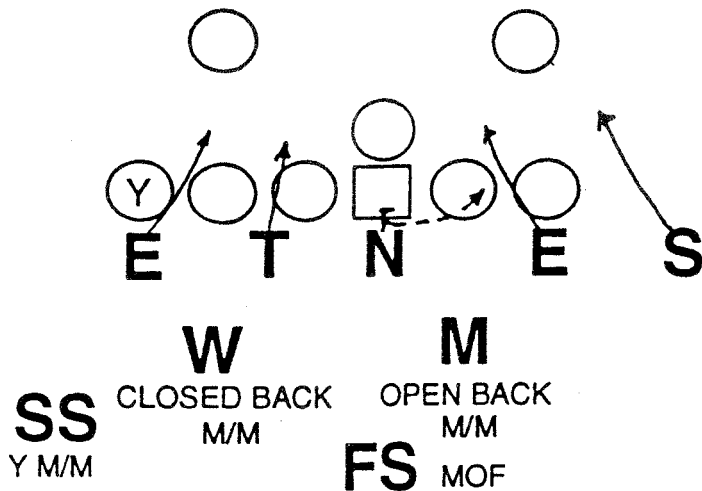
|   |                                |
|---|--------------------------------|
| <p><b>DOUBLE</b></p> <p>ROY-SALLY ALL DOUBLES</p> | <p><b>TRIPS</b></p>            |
| <p><b>PEEL TO DOUBLE</b></p>                      | <p><b>FLY TO TRIPS</b></p>     |
| <p><b>UNDER SAC FREE FLOW</b></p>                 | <p><b>UNDER SAM SWITCH</b></p> |
| <p><b>UNDER STAB FREE FLOW</b></p>                |                                |

# UNDER MIKE RAIDER



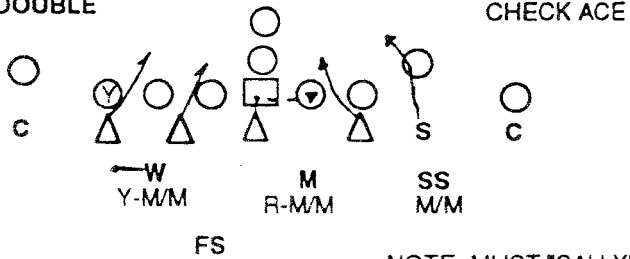
# OVER SAM FREE

**C**  
#1 M/M  
HASH SPLIT



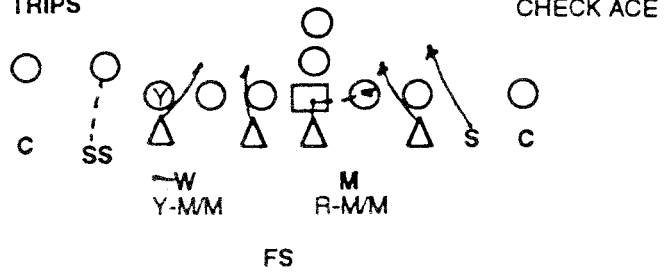
**C**  
#1 M/M  
HASH SPLIT

DOUBLE



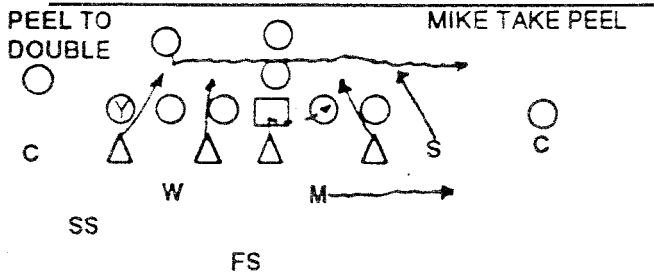
CHECK ACE

TRIPS



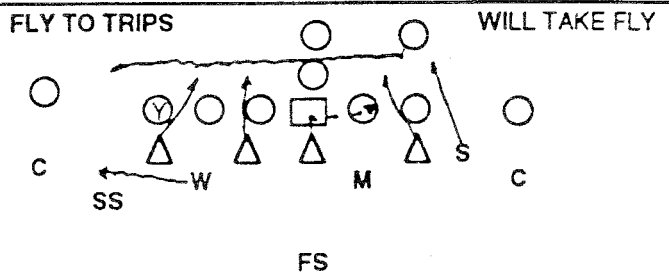
CHECK ACE

PEEL TO  
DOUBLE

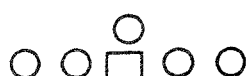


MIKE TAKE PEEL

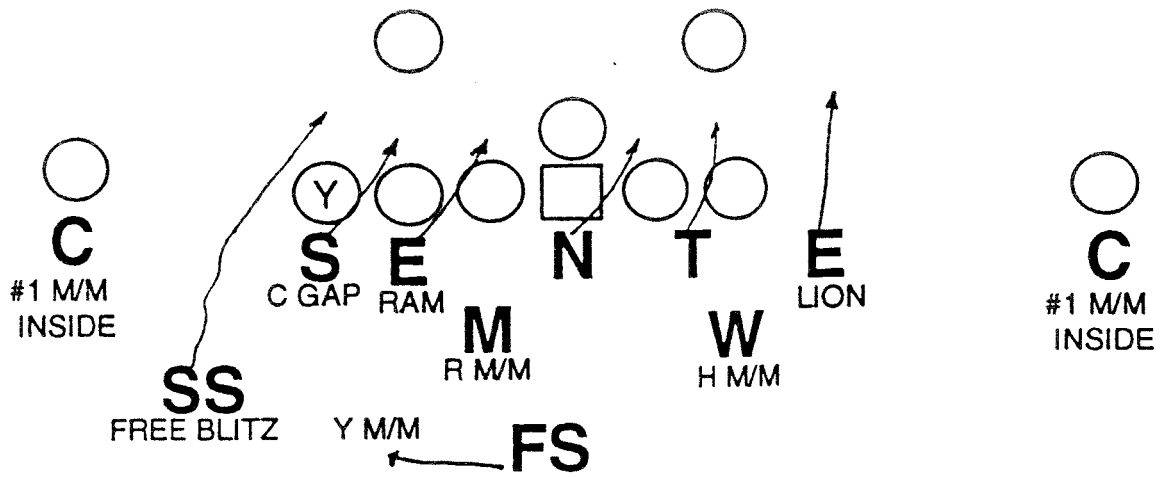
FLY TO TRIPS



WILL TAKE FLY



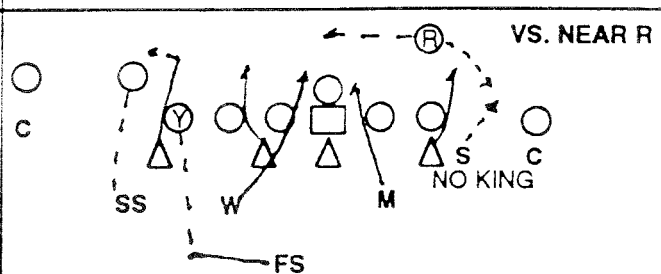
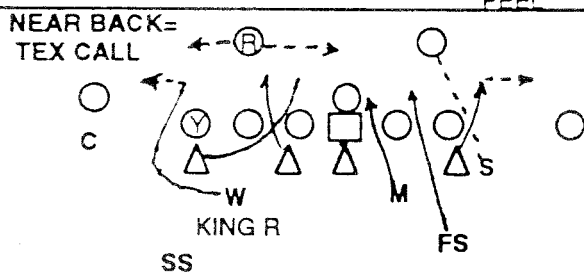
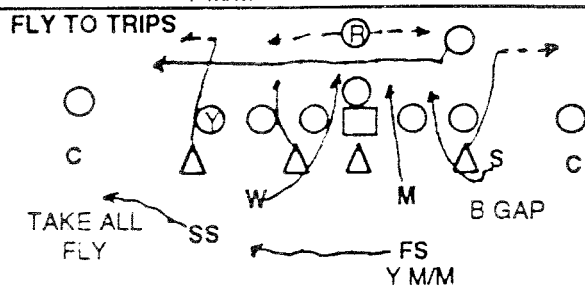
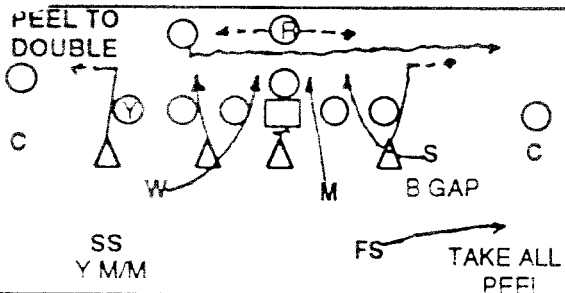
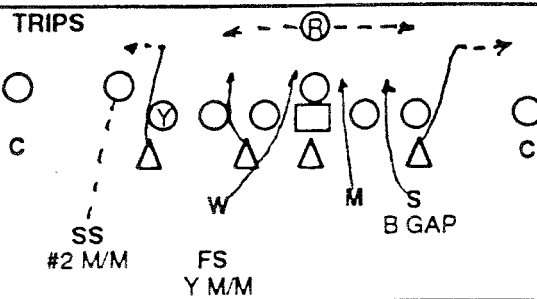
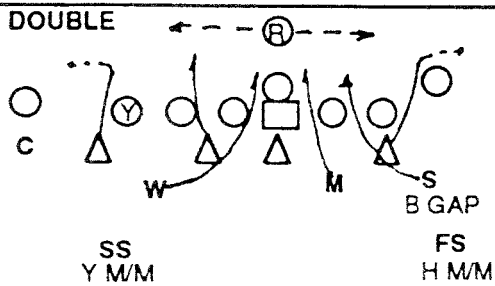
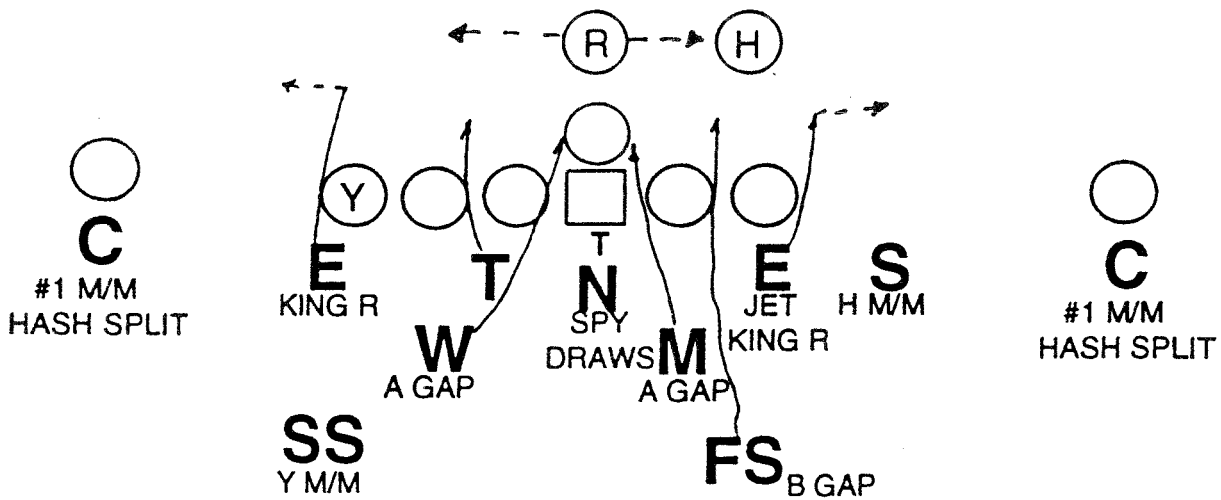
# UNDER SNAKE MAN



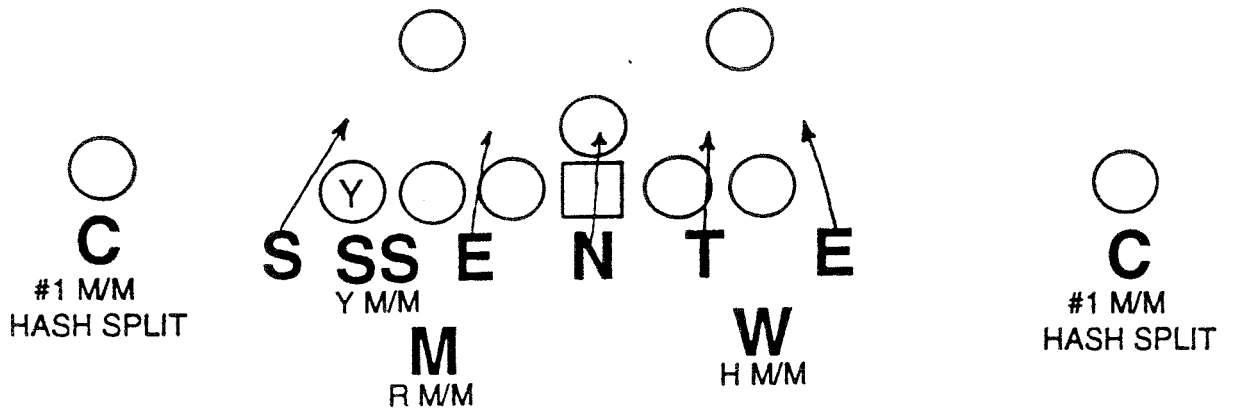
|   |   |
|---|---|
| <p><b>DOUBLE</b>      <b>CHECK ACE</b></p> <p>SS      M Y M/M      W R M/M      FS H M/M</p>        | <p><b>TRIPS</b>      <b>CHECK ACE</b></p> <p>SS      M Y M/M      W R M/M      FS H M/M</p>       |
| <p><b>PEEL TO DOUBLE</b>      <b>WILL TAKE PEEL</b></p> <p>SS      M Y M/M      W R M/M      FS</p> | <p><b>FLY TO TRIPS</b>      <b>MIKE TAKE PEEL</b></p> <p>SS      M Y M/M      W R M/M      FS</p> |
|   |   |
|   |   |



# OVER STACK FOX MAN



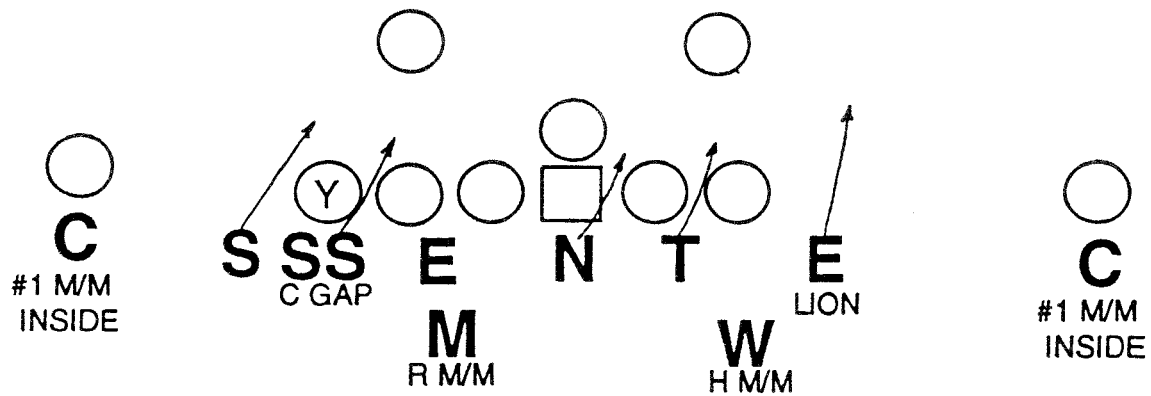
# BEAR FREE



MOF **FS**

|   |  |
|---|--|
| <p><b>DOUBLE</b></p> <p><b>CHECK EAGLE</b></p> <p>FS</p>            | <p><b>TRIPS</b></p> <p><b>CHECK EAGLE</b></p> <p>FS</p>          |
| <p><b>PEEL TO DOUBLE</b></p> <p><b>WILL TAKE PEEL</b></p> <p>FS</p> | <p><b>FLY TO TRIPS</b></p> <p><b>MIKE TAKE FLY</b></p> <p>FS</p> |
|   |  |
|   |  |

# BEAR SNAKE MAN



Y M/M **FS**

|                              |                     |
|------------------------------|---------------------|
| <p><b>DOUBLE</b></p>         | <p><b>TRIPS</b></p> |
| <p><b>PEEL TO DOUBLE</b></p> |                     |
|                              |                     |
|                              |                     |

## COVER 1

A man for man coverage with a true free safety and three linebackers in coverage. Corners aligned in "bump" position on #1 (wide outs).

**STRONG CORNER** = Cover #1 M/M (Bump).  
**STRONG SAFETY** = Cover deepest of TE & NB.  
**FREE SAFETY** = Middle of the field (Free).  
**WEAK CORNER** = Cover #1 M/M (Bump).  
**SAM** = Banjo TE and closed back.  
**MIKE** = Banjo TE and closed back.  
**WILL** = Cover open back using inside technique M/M.

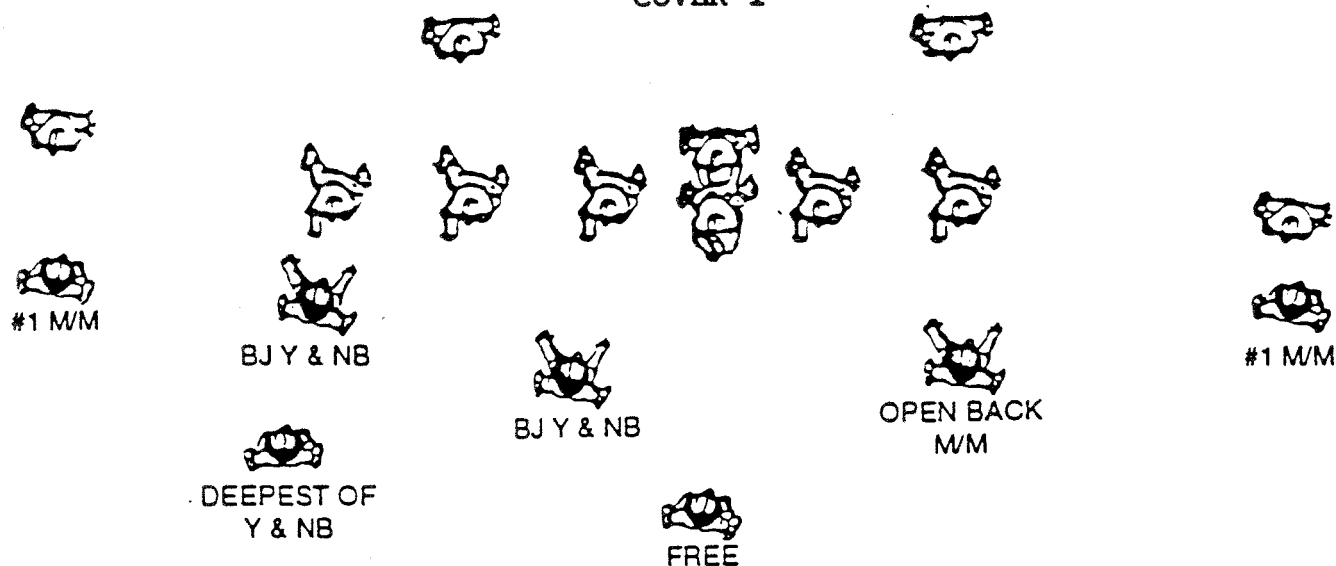
### ADDITIONAL CALL:

**"OFF"** = Tells corner to play a normal M/M from 10 yards.  
**"SARAH"** = IC and FS bracket vs. slot (IC - outside, FS - inside). SC plays David and SS covers TE deep M/M (+ 15 yd. line in.)  
**"CHARLIE"** = SC re-route and funnel #1 and take flat zone; FS takes #1 M/M, IC plays David. [Used vs. slot (+ 15 yd. line in).]

### NOTES

- \*1. Vs. "zoom" motion, no change of strength (including TE.) Call "I got him." Vs. TE zoom - SS covers M/M. (Black Check)
2. Dbl. Tite with a lone TE openside - CB play #1 M/M (SUPPORT = SKY).
3. All 1 back sets handled by safeties special call. LBs have TE and remaining back.
4. All Y open (2 back sets) = Black.

## COVER 1



| SAM  |                              |   | MIKE   |  |        | WILL   |                    |                     |
|--|------------------------------|---|--|--|--------|--|--------------------|---------------------|
| <b>Align:</b> Backer<br><b>Key:</b> TE, NB<br><b>Resp:</b> Banjo TE & NB w/ Mike<br><b>TE Inside Release:</b> Cover NB M/M.<br><b>TE Outside Release:</b> Cover 'Flat' M/M. 'Seam' = cover 12-15 yds., come off & help where needed.<br><b>Flow:</b> 1st back M/M.<br><b>Flood:</b> TE blocks = clamp & cover TE M/M. TE releases = drop thru strong hook area (Plug).<br><b>Note:</b> Any 1 back set = special TE M/M outside tech. |                              |   | <b>Align:</b> By front<br><b>Key:</b> TE, NB<br><b>Resp:</b> Banjo TE & NB w/ Sam. TE inside release - wall off & cover him inside. TE outside release - NB M/M. Spy if he blocks.<br><b>Flow:</b> 2nd back strong M/M.<br><b>Flood:</b> Lock on 2nd back weak. Crossing backs = alert swap w/ Will.<br><b>Note:</b> Any 1 back set = special Reggie remaining back to TE. |  |        | <b>Align:</b> By front<br><b>Key:</b> Open back<br><b>Resp:</b> 1st back open side M/M inside tech (alert swap.)<br><b>Flow:</b> 1st crossing receiver M/M. No crosser = plug to X-Dig area.<br><b>Flood:</b> Open back M/M.<br><b>Note:</b> Any 1 back set = special Reggie remaining back to TE. |                    |                     |
| STRONG CORNER  |                              | STRONG SAFETY   |  | FREE SAFETY  |        | WEAK CORNER  |                    |                     |
| <b>Align:</b> Bump on #1<br><b>Key:</b> #1<br><b>Resp:</b> #1 M/M hash split rule.   |                              | <b>Align:</b> 2 x 7 on TE<br><b>Key:</b> TE, NB, QB<br><b>Resp:</b> Deepest of TE & NB<br><b>Flood:</b> TE blocks = help on #1. TE releases = TE M/M.<br><b>Note:</b> No TE or NB threat = help on 2. |  | <b>Align:</b> Between hash 12 yds. deep. Think open side.<br><b>Key:</b> QB, ball<br><b>Resp:</b> Zone deep middle. Read QB & react to ball. Alert to help open LB'er in coverage or TE deep cross.<br><b>Flow:</b> M.O.F.<br><b>Slot:</b> Align outside open tackle. Drop inside of #2. |        | <b>Align:</b> Bump on #1.<br><b>Key:</b> #1<br><b>Resp:</b> #1 M/M hash split rule.  |                    |                     |
| SLOT OR MOTION TO SLOT   | DETROIT OR MOTION TO DETROIT | DETROIT WING  | MOTION TO DOUBLE   | DOUBLE OUTSIDE   | DENVER | TRIPS OR MOTION TO TRIPS   | MOTION OUT TO TWIN | WHITE YELLOW ORANGE |
|  |                              |   | Must Squirm Peel   | Match up Sally   |        |  | Push Corners       | Play it             |
| All 1 Back = Special. Safeties squirm or Sally by game plan.   |                              |   |  |  |        |  |                    |                     |

**END RUN FORCE**  
**STRONGSIDE**

- Y NORMAL: BACKER
- SLOT: BACKER
- TRIPS: BACKER
- NOTES:

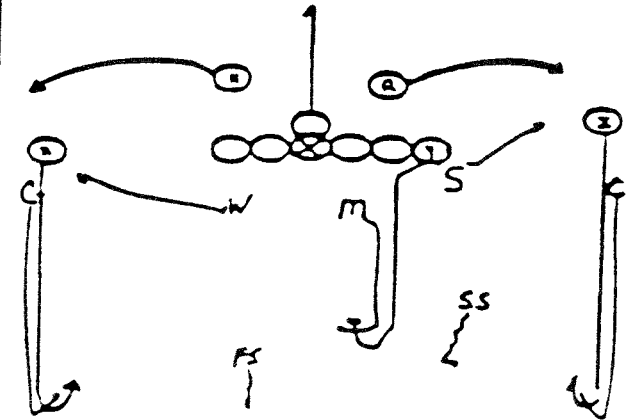
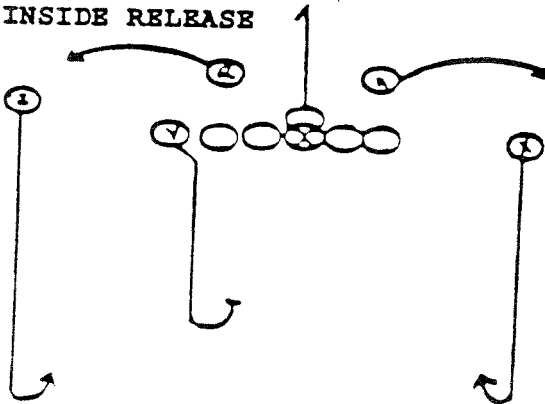
**INSIDE +15 YARD LINE**

**WEAKSIDE**

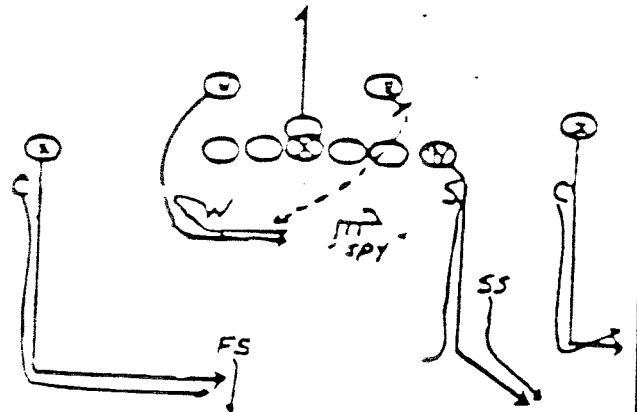
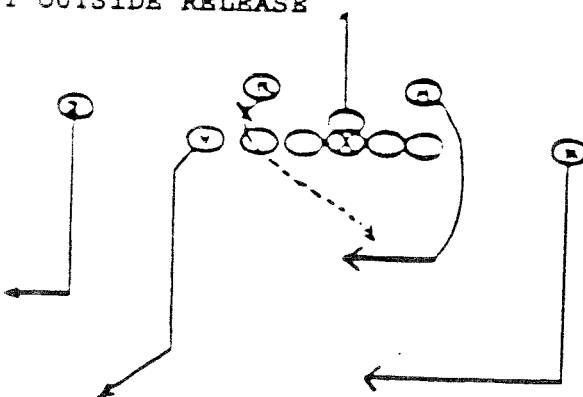
- X NORMAL: BACKER
- SLOT/TIGHT X: BACKER  
(TREY, DBL TITE = SKY)
- 1 BACK BALANCED: SKY  
(#2 FLEXED = BACKER)

**ADJUSTMENTS:** ALL 1 BACK SETS = SPECIAL. LB'S HAVE TE & REMAINING BACK, 3 ON 2. SAM-TE M/M FROM OUTSIDE. TE SHALLOW CROSS = DELIVER HIM TO WILL & COME OFF. MIKE-WILL REGGIE TO TE.

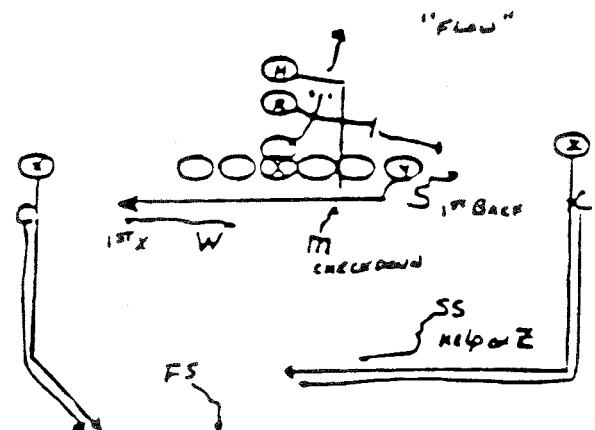
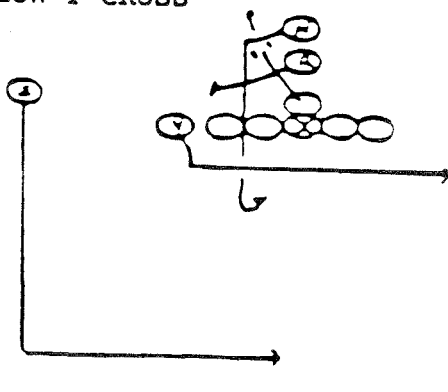
**Y INSIDE RELEASE**

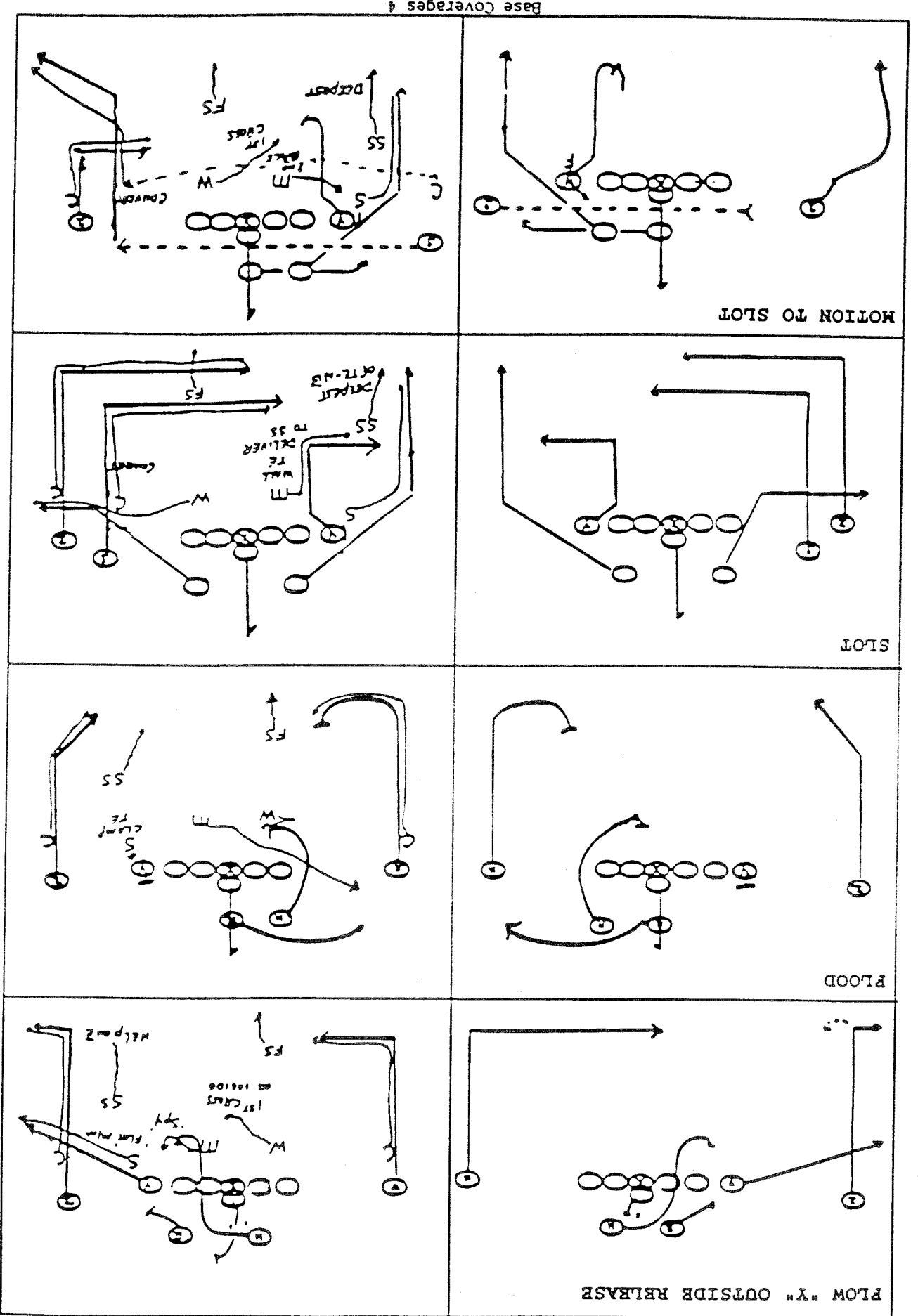


**Y OUTSIDE RELEASE**

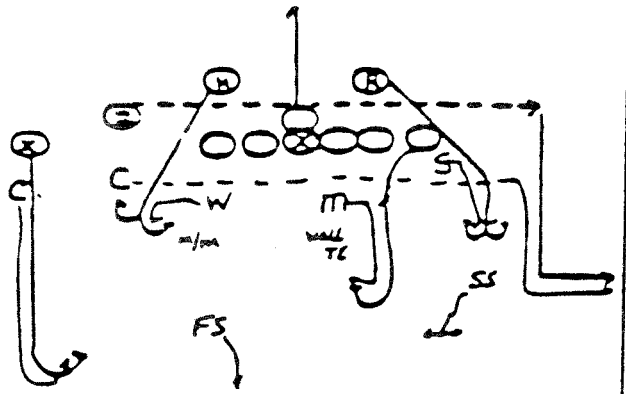
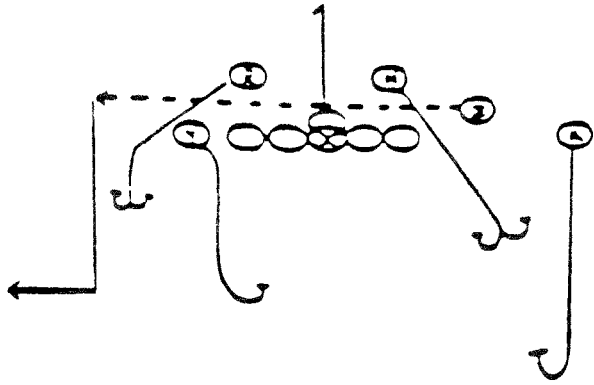


**FLOW Y CROSS**

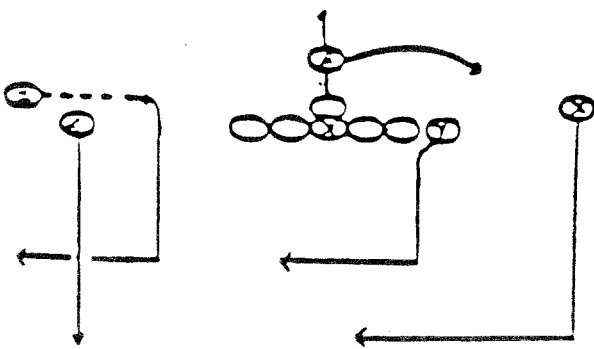




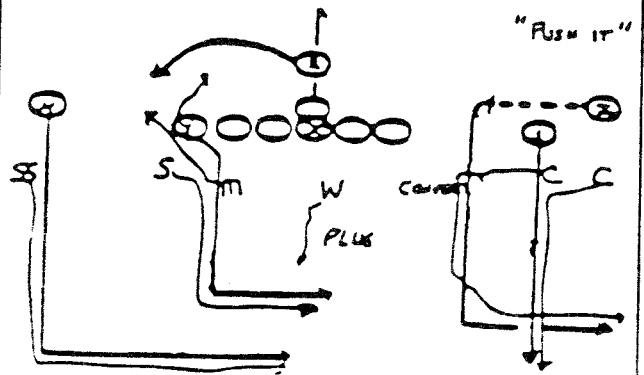
MOTION TO PRO



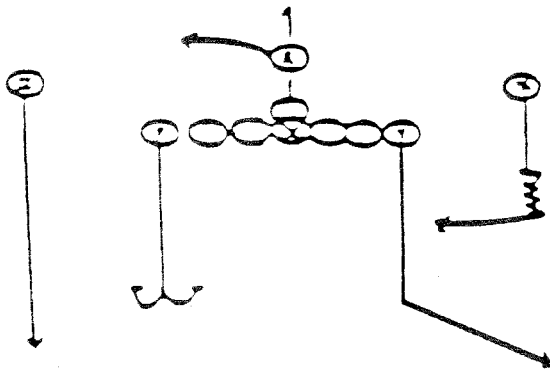
DETROIT (SHORT MOTION)



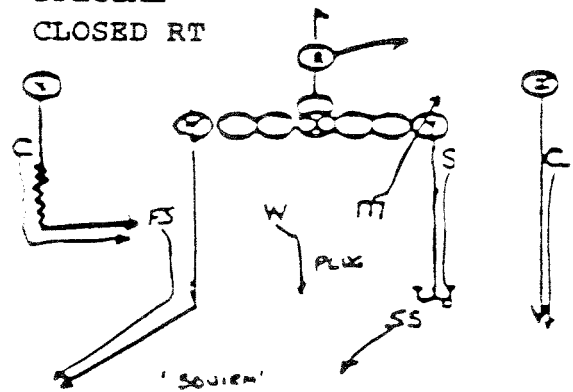
SPECIAL



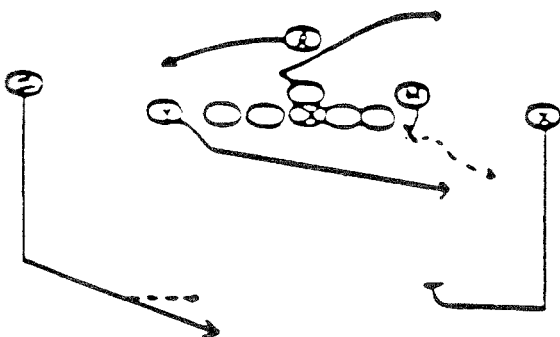
DENVER



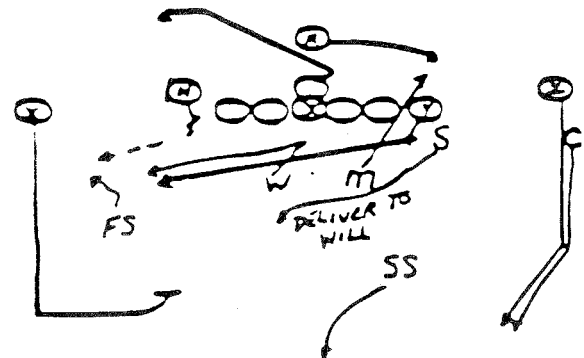
SPECIAL  
CLOSED RT



DOUBLE

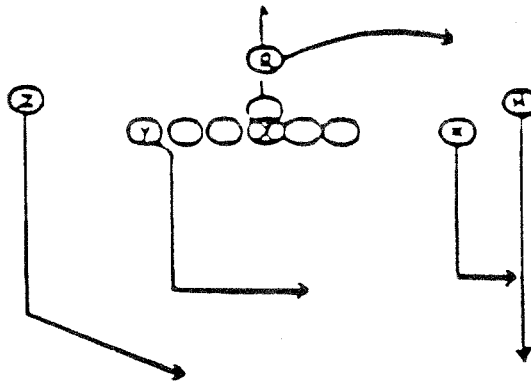


SPECIAL





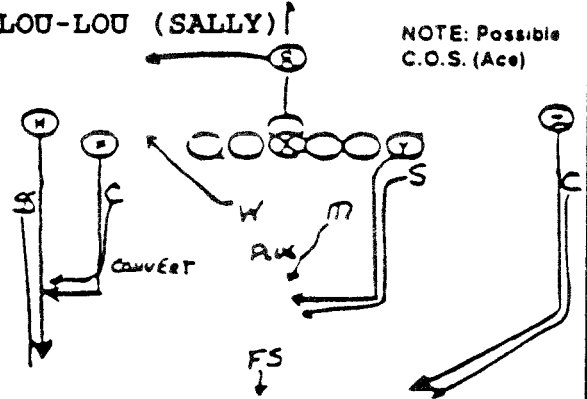
# DOUBLE OUTSIDE



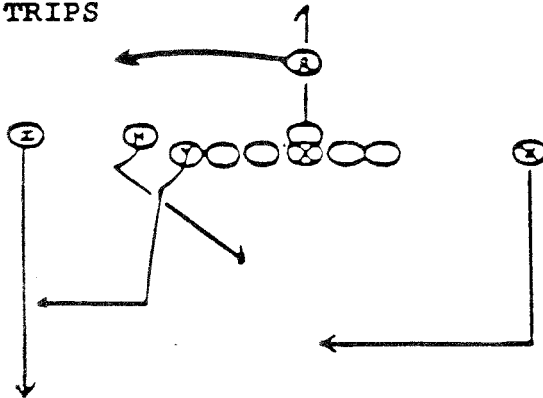
# SPECIAL

## LOU-LOU (SALLY)

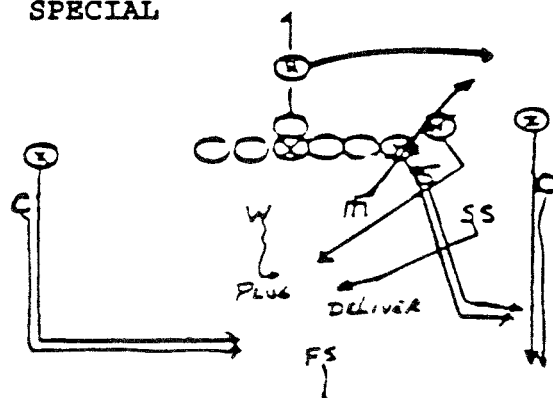
NOTE: Possible C.O.S. (Ace)



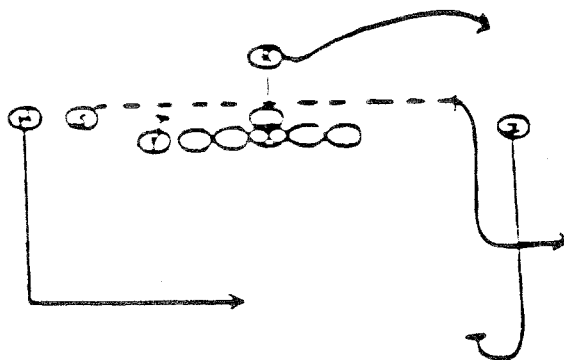
# TRIPS



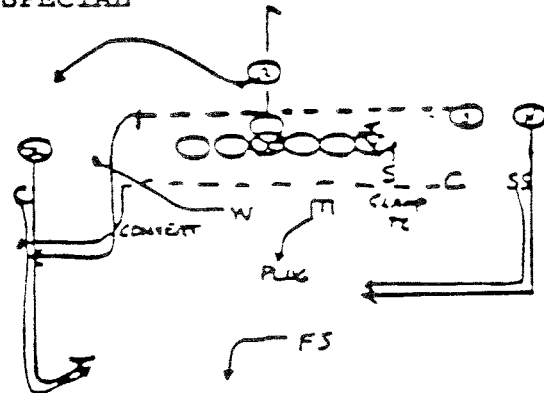
# SPECIAL



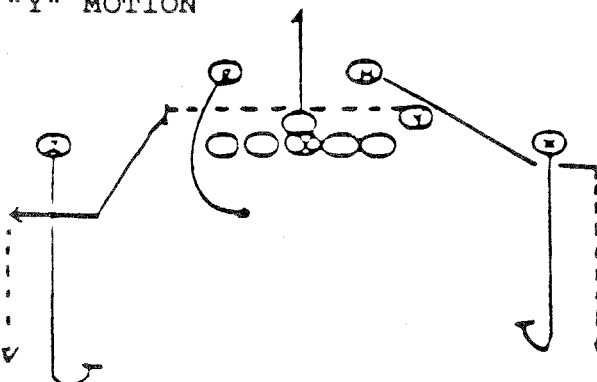
# TRIPS MOTION TO DETROIT



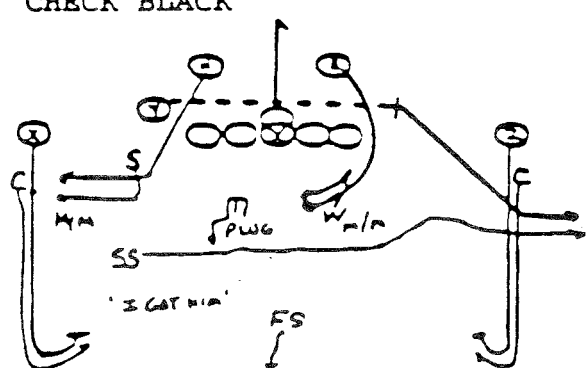
# SPECIAL



# "Y" MOTION



# CHECK BLACK



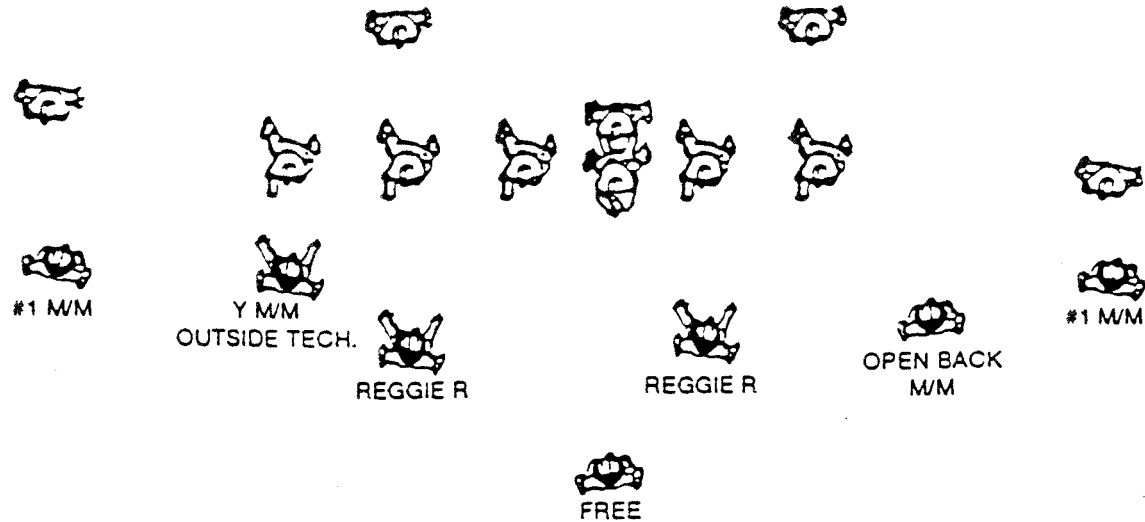
## CHINA

|               |   |
|---------------|---|
| STRONG CORNER | = Cover #1 M/M. SS is M.O.F.                  |
| STRONG SAFETY | = M.O.F. Free                                 |
| FREE SAFETY   | = Cover first back open side M/M.             |
| WEAK CORNER   | = Cover #1 M/M                                |
| SAM           | = M/M on Y outside technique<br>(help inside) |
| MIKE          | = Reggie closed back to TE                    |
| WILL          | = Reggie closed back to TE                    |

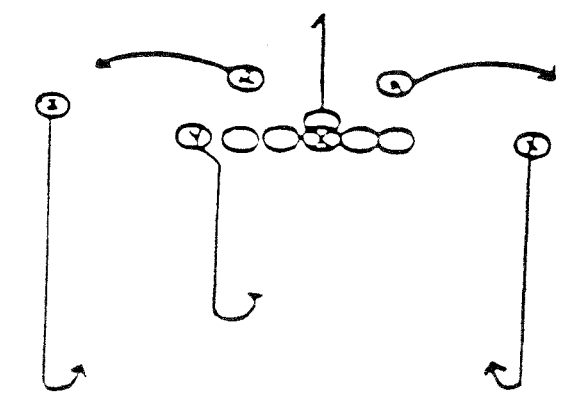
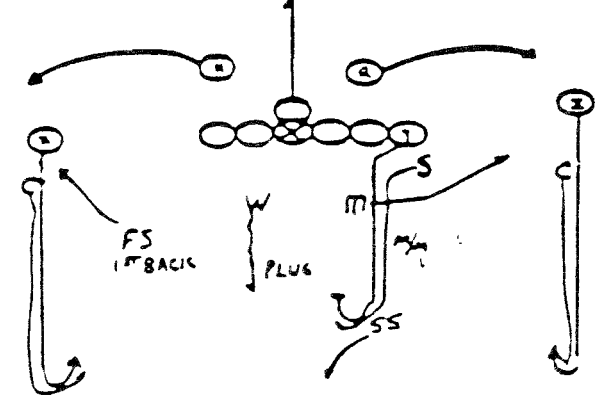
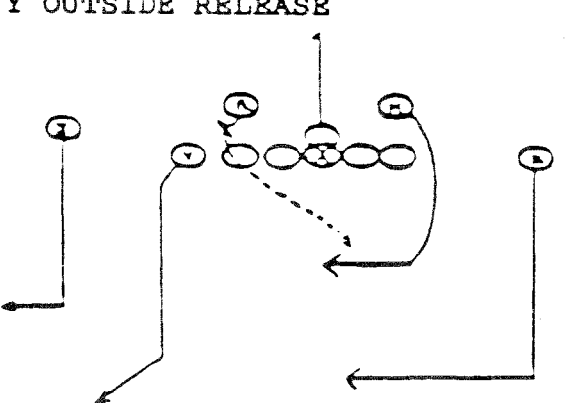
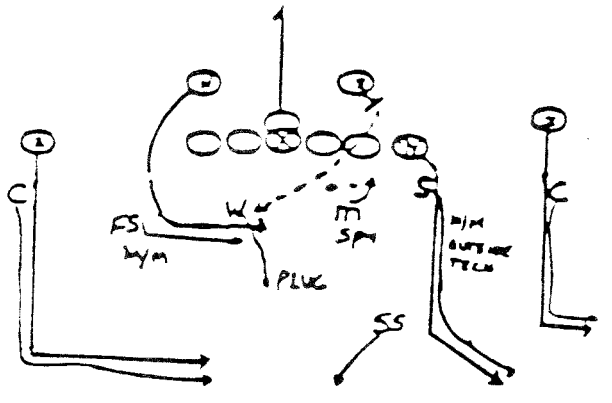
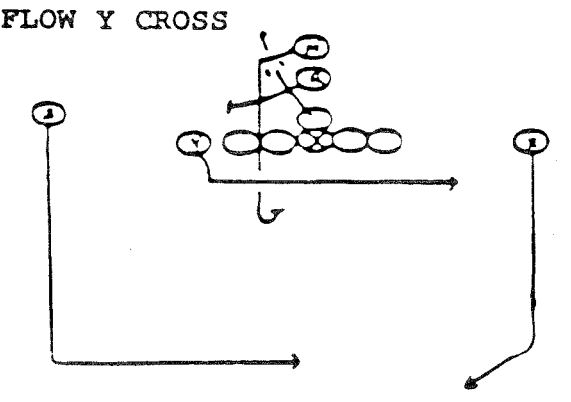
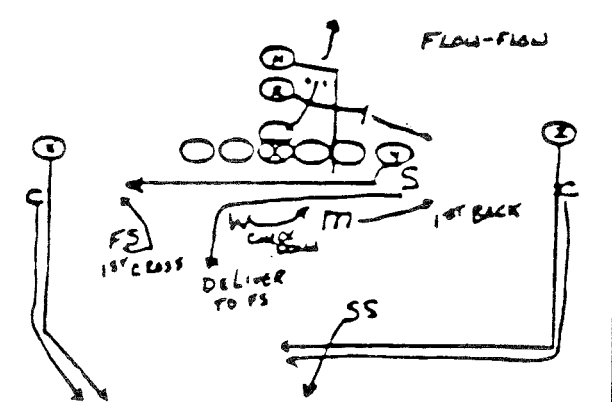
### NOTES:

1. WR Zoom = corner I got him  
Y Motion = check Black. FS has TE M/M.  
Will has first back M/M. Sam has 1st  
back his side M/M. Mike plugs.
2. All Y Flex 3 yds. or more = check  
Black. LBs handle fly or peel.
3. All 1 back sets = special.

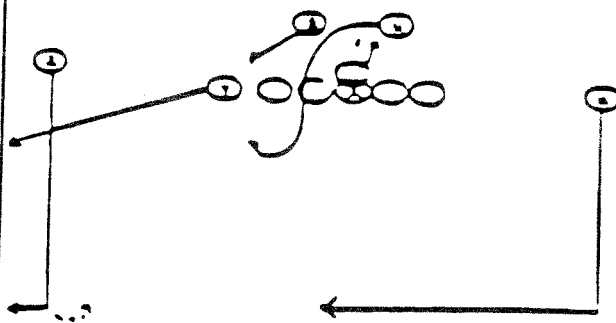
# COV CHINA



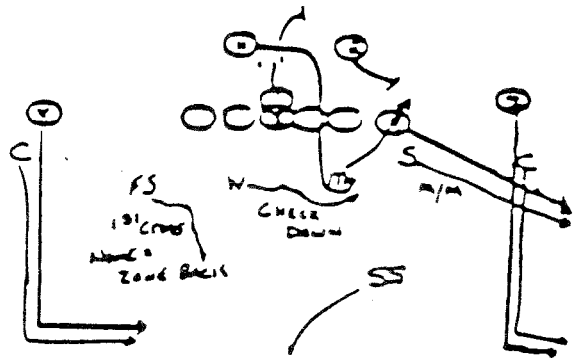
| SAM  |                              |  | MIKE                            |  |         | WILL  |                    |                     |
|--|------------------------------|--|---------------------------------|--|---------|---|--------------------|---------------------|
| Align: Backer support  |                              |  | Align: Stack B                  |  |         | Align: Stack A  |                    |                     |
| Key: TE  |                              |  | Key: NB                         |  |         | Key: R  |                    |                     |
| Resp: TE M/M outside tech.                                     |                              |  | Resp: Reggie closed back to TE. |  |         | Resp: Reggie closed back to TE. Split flow = plug.          |                    |                     |
| Flow: If TE cross = deliver him to FS - work back to Dig area. |                              |  | Flow: 1st back outside M/M.     |  |         | Flow: 1st back inside (Check down.)                         |                    |                     |
| Flood: TE M/M.   |                              |  | Flood: Plug                     |  |         | Flood: 1st back inside (Check down.) Drop back = lock on R. |                    |                     |
| Note: Far set = alert swap with FS.                            |                              |  |                                 |  |         |   |                    |                     |
| STRONG CORNER  |                              | STRONG SAFETY                                    |                                 | FREE SAFETY  |         | WEAK CORNER   |                    |                     |
| Align: Bump on #1  |                              | Align: Between the hashes 10-12 yds. deep.       |                                 | Align: Disguise. End stacked with DE.                    |         | Align: Bump on #1.  |                    |                     |
| Key: #1  |                              | Key: QB, ball                                    |                                 | Key: Open back   |         | Key: #1   |                    |                     |
| Resp: #1 M/M hash split rule.                                  |                              | Resp: Zone deep middle, read QB & react to ball. |                                 | Resp: 1st back open side M/M. Alert swap on play action. |         | Resp: #1 M/M hash split rule.                               |                    |                     |
|  |                              |  |                                 | Flow: Plug. Alert crosser - take TE cross M/M.           |         |   |                    |                     |
|  |                              |  |                                 | Flood: 1 back outside M/M.                               |         |   |                    |                     |
|  |                              | Note: May Sally by game plan.                    |                                 | Note: May Sally by game plan.                            |         |   |                    |                     |
| SLOT OR MOTION TO SLOT   | DETROIT OR MOTION TO DETROIT | DETROIT WING                                     | MOTION TO DOUBLE                | DOUBLE OUTSIDE   | DENVER  | TRIPS OR MOTION TO TRIPS                                    | MOTION OUT TO TWIN | WHITE YELLOW ORANGE |
|  | Special                      | Special  | Special FS take motion          | Special Sally  | Special | Special Follow Rules  | Push it            | Play it             |

|  |   |
|--|---|
| <p><b>END RUN FORCE</b><br/><b><u>STRONGSIDE</u></b></p> <ul style="list-style-type: none"> <li>- Y NORMAL: BACKER</li> <li>- SLOT: BACKER</li> <li>- TRIPS: BACKER</li> <li>- NOTES:</li> </ul>   | <p><b>INSIDE +15 YARD LINE</b></p>  |
| <p><b><u>WEAKSIDE</u></b></p> <ul style="list-style-type: none"> <li>- X NORMAL: SKY</li> <li>- SLOT/TIGHT X: SKY</li> <li>- 1 BACK BALANCED: SKY, #2<br/>FLEX BACKER.</li> </ul> <p>NOTES:</p>  | <p><b>ADJUSTMENTS:</b></p> <p>Y MOTION OR Y FLEX =<br/>CHECK BLACK.</p> <p>ALL 1 BACK SETS = SPECIAL</p>  |
| <p><b>Y INSIDE RELEASE</b></p>  <p>A diagram showing a line of seven offensive players (represented by circles) lined up against a defensive line of four players. The offensive line is numbered 1 through 7 from left to right. The defensive line is numbered 1 through 4 from left to right. Arrows indicate the movement of the offensive line: player 1 moves forward, player 2 moves forward and slightly right, player 3 moves forward and slightly left, player 4 moves forward and slightly right, player 5 moves forward and slightly left, player 6 moves forward and slightly right, and player 7 moves forward and slightly left. The defensive line is shown in a three-point stance.</p>   |  <p>A diagram showing a line of seven offensive players (represented by circles) lined up against a defensive line of four players. The offensive line is numbered 1 through 7 from left to right. The defensive line is numbered 1 through 4 from left to right. Arrows indicate the movement of the offensive line: player 1 moves forward, player 2 moves forward and slightly right, player 3 moves forward and slightly left, player 4 moves forward and slightly right, player 5 moves forward and slightly left, player 6 moves forward and slightly right, and player 7 moves forward and slightly left. The defensive line is shown in a three-point stance. Labels include: FS (First Step), 1st BACK (First Back), PLUG (Plug), SS (Second Step), and W (Wide).</p>   |
| <p><b>Y OUTSIDE RELEASE</b></p>  <p>A diagram showing a line of seven offensive players (represented by circles) lined up against a defensive line of four players. The offensive line is numbered 1 through 7 from left to right. The defensive line is numbered 1 through 4 from left to right. Arrows indicate the movement of the offensive line: player 1 moves forward, player 2 moves forward and slightly right, player 3 moves forward and slightly left, player 4 moves forward and slightly right, player 5 moves forward and slightly left, player 6 moves forward and slightly right, and player 7 moves forward and slightly left. The defensive line is shown in a three-point stance.</p> |  <p>A diagram showing a line of seven offensive players (represented by circles) lined up against a defensive line of four players. The offensive line is numbered 1 through 7 from left to right. The defensive line is numbered 1 through 4 from left to right. Arrows indicate the movement of the offensive line: player 1 moves forward, player 2 moves forward and slightly right, player 3 moves forward and slightly left, player 4 moves forward and slightly right, player 5 moves forward and slightly left, player 6 moves forward and slightly right, and player 7 moves forward and slightly left. The defensive line is shown in a three-point stance. Labels include: FS (First Step), W (Wide), PLUG (Plug), SS (Second Step), and H/M (Half Motion).</p>  |
| <p><b>FLOW Y CROSS</b></p>  <p>A diagram showing a line of seven offensive players (represented by circles) lined up against a defensive line of four players. The offensive line is numbered 1 through 7 from left to right. The defensive line is numbered 1 through 4 from left to right. Arrows indicate the movement of the offensive line: player 1 moves forward, player 2 moves forward and slightly right, player 3 moves forward and slightly left, player 4 moves forward and slightly right, player 5 moves forward and slightly left, player 6 moves forward and slightly right, and player 7 moves forward and slightly left. The defensive line is shown in a three-point stance.</p>      | <p><b>FLOW-FLOW</b></p>  <p>A diagram showing a line of seven offensive players (represented by circles) lined up against a defensive line of four players. The offensive line is numbered 1 through 7 from left to right. The defensive line is numbered 1 through 4 from left to right. Arrows indicate the movement of the offensive line: player 1 moves forward, player 2 moves forward and slightly right, player 3 moves forward and slightly left, player 4 moves forward and slightly right, player 5 moves forward and slightly left, player 6 moves forward and slightly right, and player 7 moves forward and slightly left. The defensive line is shown in a three-point stance. Labels include: FS (First Step), 1st BACK (First Back), PLUG (Plug), SS (Second Step), and DELIVER TO FS (Deliver to First Step).</p> |

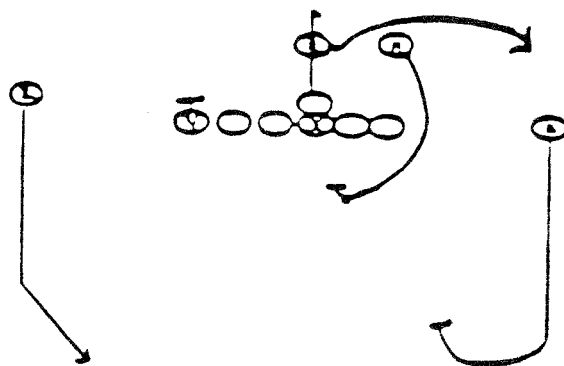
FLOW "Y" OUTSIDE RELEASE



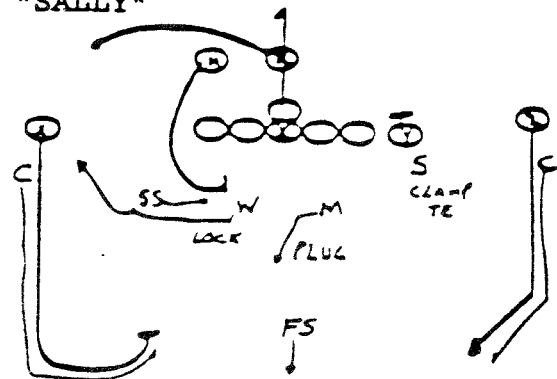
FLOW-FLOW



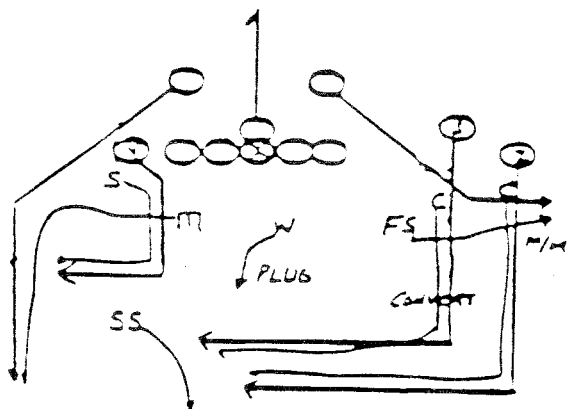
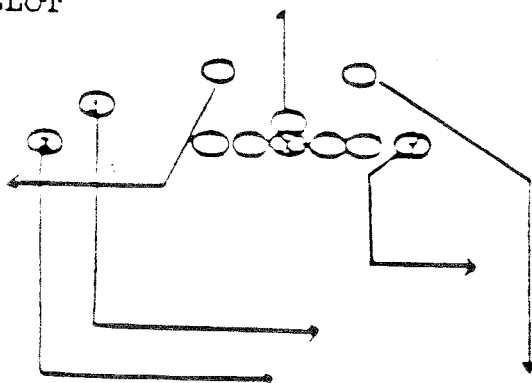
FLOOD



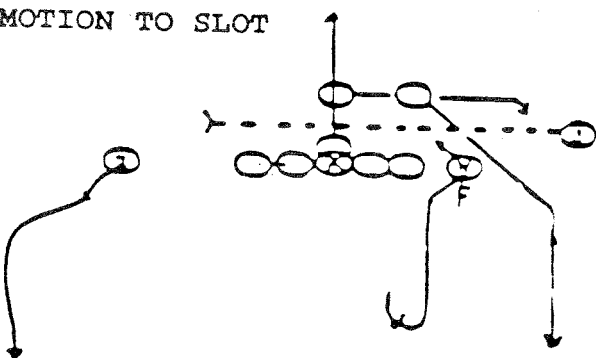
"SALLY"



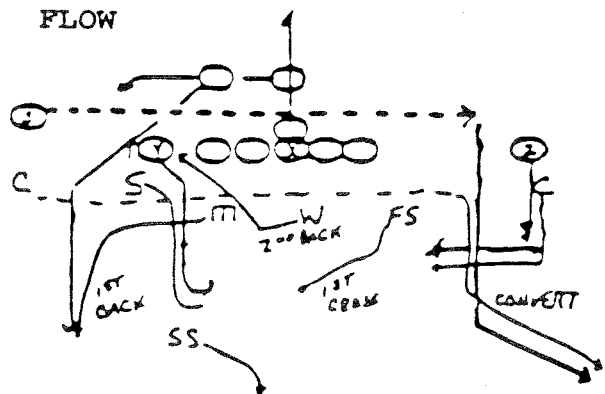
SLOT



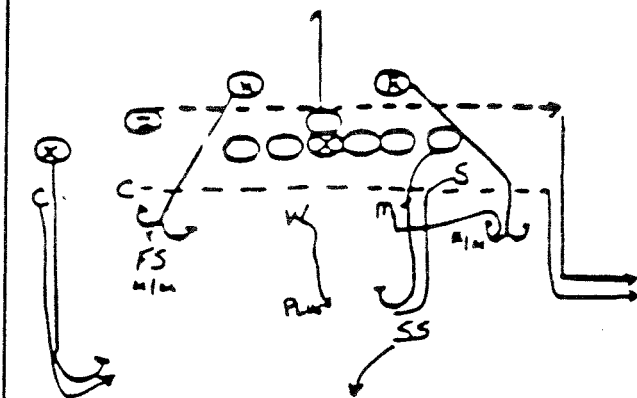
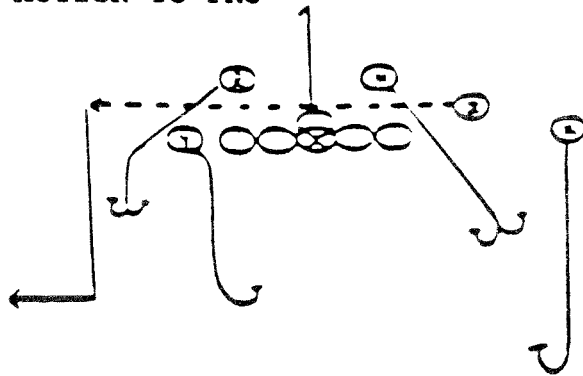
MOTION TO SLOT



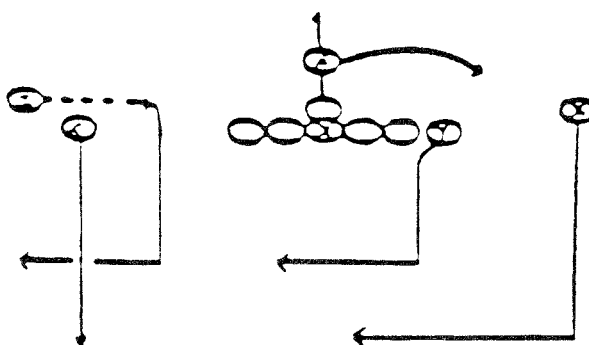
FLOW



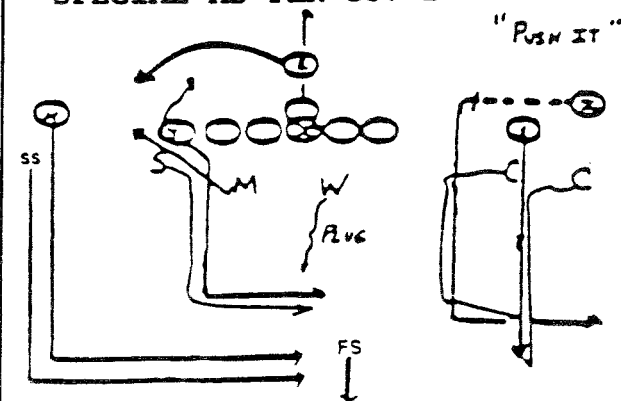
MOTION TO PRO



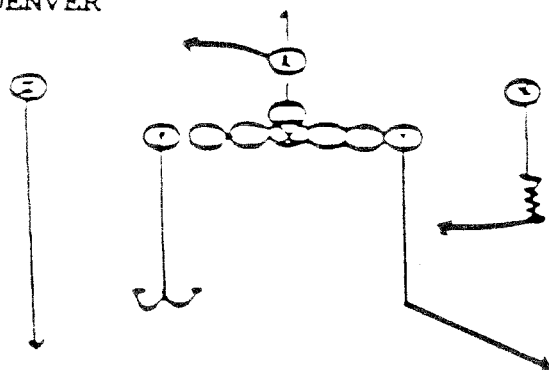
DETROIT (SHORT MOTION)



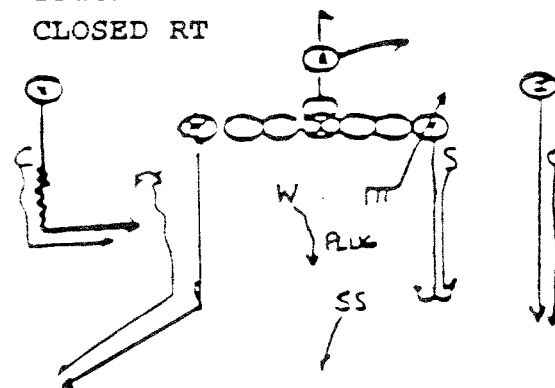
SPECIAL AS PER COV 1



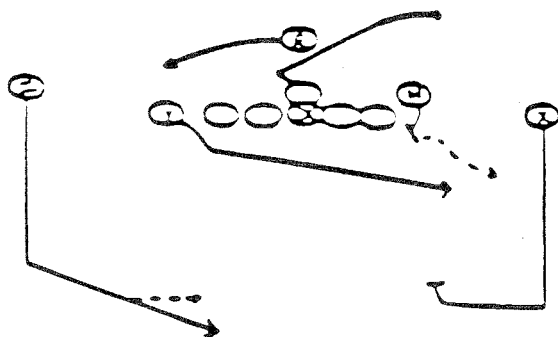
DENVER



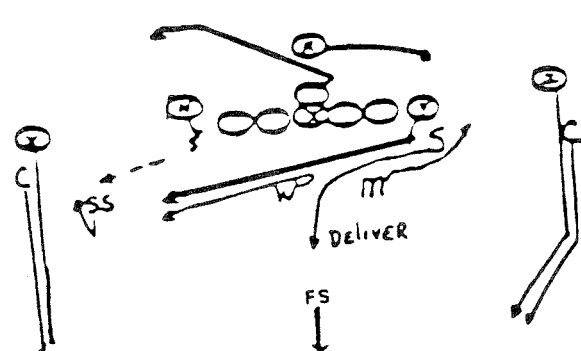
SPECIAL AS PER COV 1  
CLOSED RT



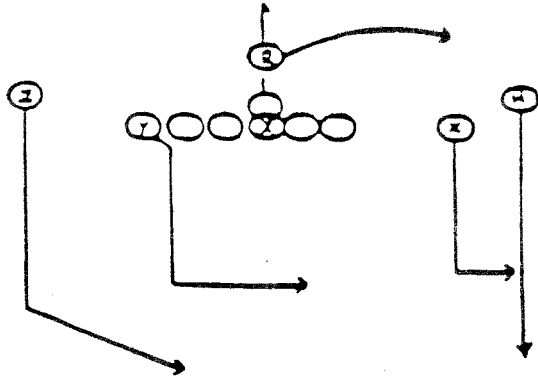
DOUBLE



SPECIAL AS PER COV 1

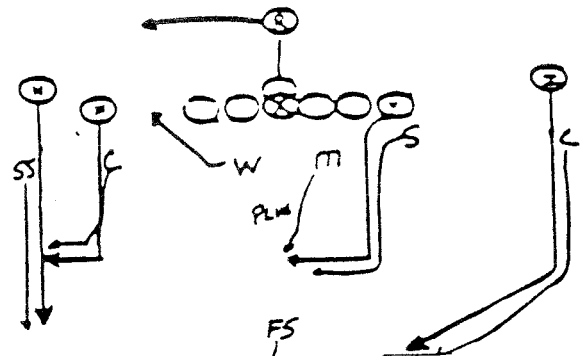


# DOUBLE OUTSIDE

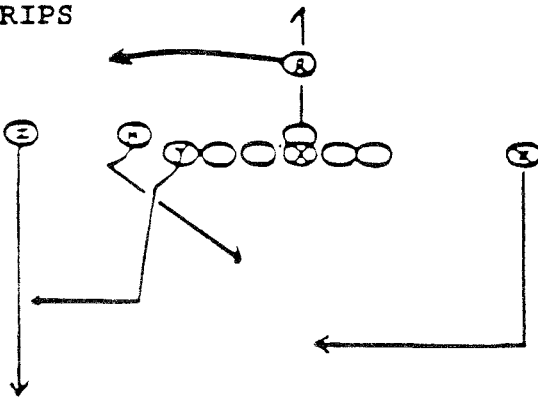


# SPECIAL AS PER COV 1

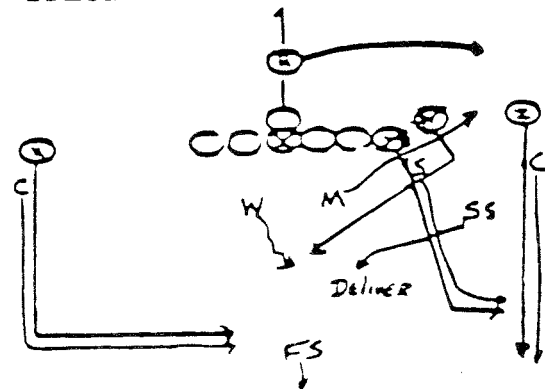
SALLY NOTE: Possible C.O.S. (Ace)



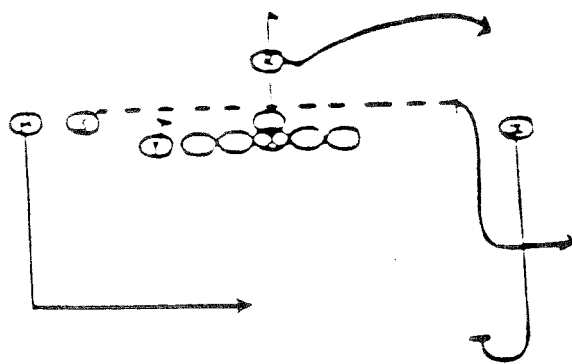
# TRIPS



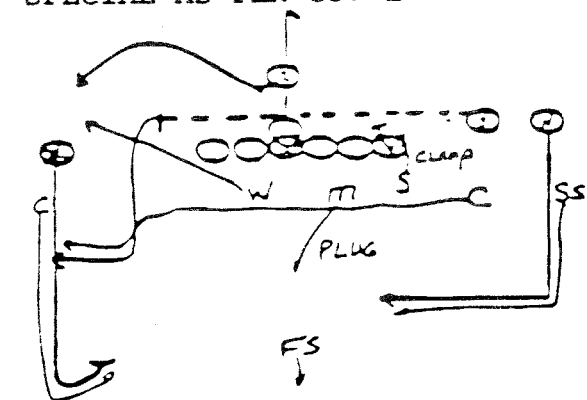
# SPECIAL AS PER COV 1



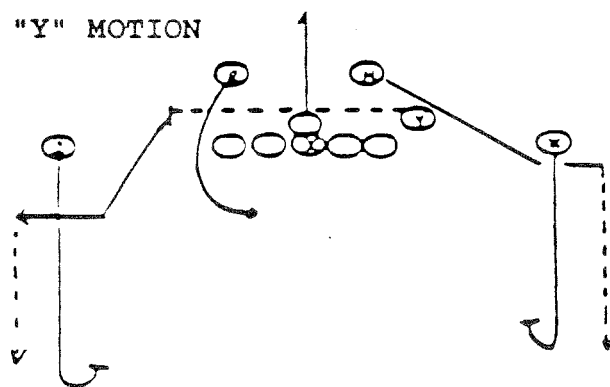
# TRIPS MOTION TO DETROIT



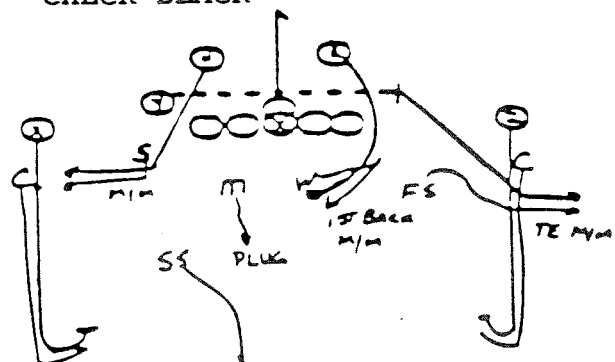
# SPECIAL AS PER COV 1



# "Y" MOTION



# CHECK BLACK



## COVER 2

A double rotated zone with 2 deep and 5 under.

- STRONG CORNER** = Re-route & funnel #1 inside, then zone the flat area.
- STRONG SAFETY(IC vs. Slot)** = Drop to 2 yds. inside the numbers & zone half the field.
- FREE SAFETY** = Drop to 2 yds. inside the numbers & zone half the field.
- WEAK CORNER(SS vs. Slot)** = Re-route & funnel #1 inside, then zone the flat area.
- SAM** = Force #2 outside, then zone the slot area.
- MIKE** = Open to #3. Zone middle area. Look for #2 escape to middle.
- WILL** = Zone the weak hook area reading #2 to QB.

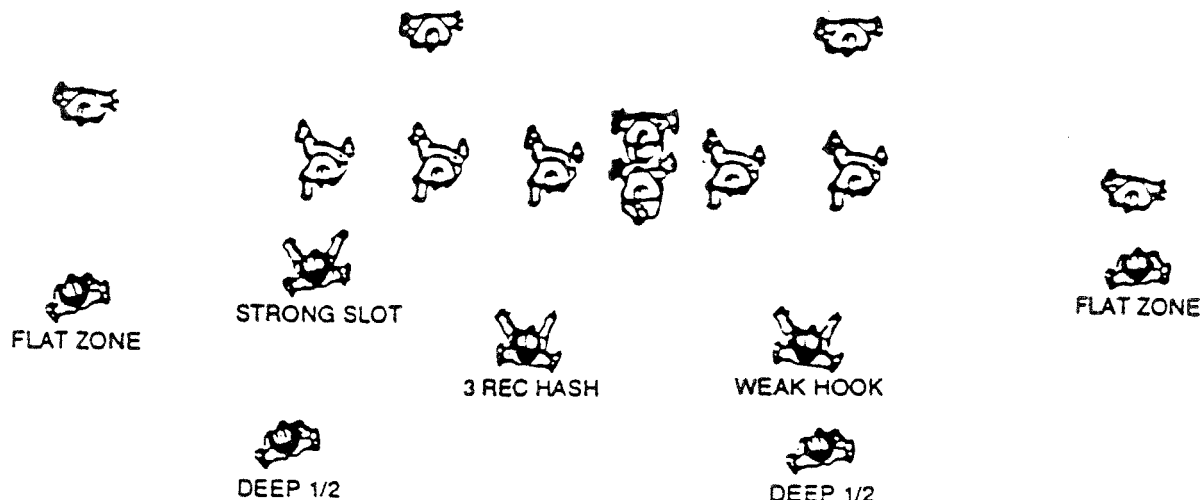
### ADDITIONAL CALLS:

- BUMP (CORA)** = Flat defenders align tight on receivers & re-route (still Cloud Support.)
- SOFT (CATHY)** = Tells flat defenders align at 7 to 10 yds.
- CARRY** = Sam carry TE across to the ball. Run with TE Post. No Post = Zone 3 receiver hash. Mike read release of TE to determine drop.

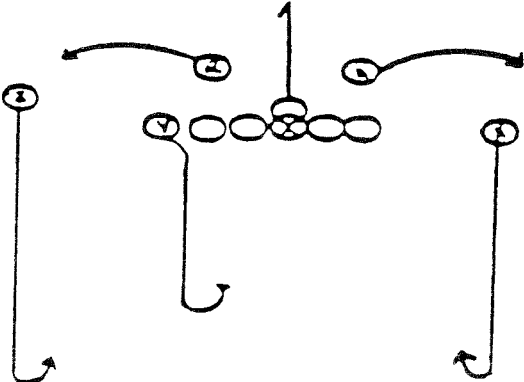
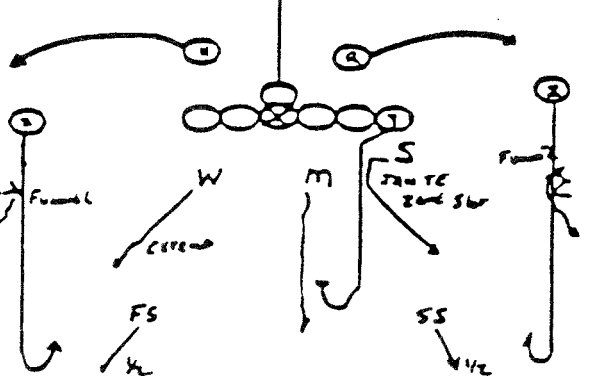
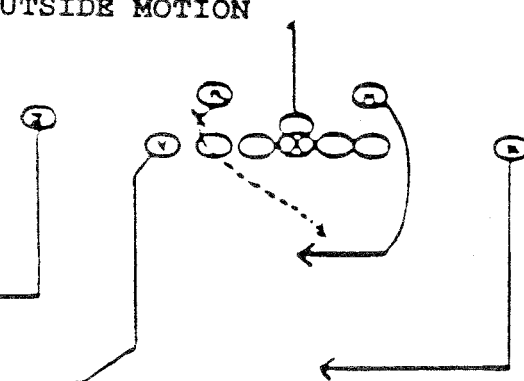
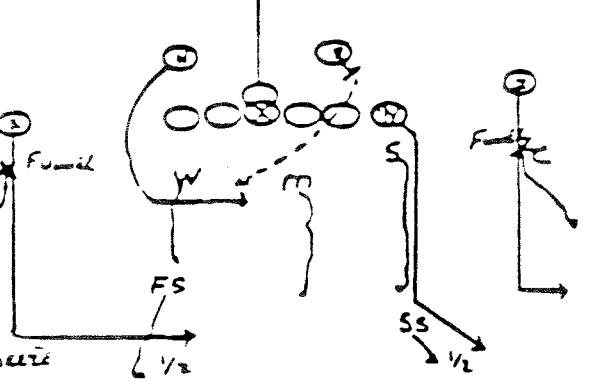
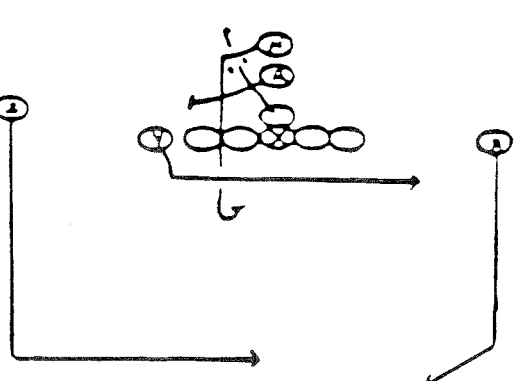
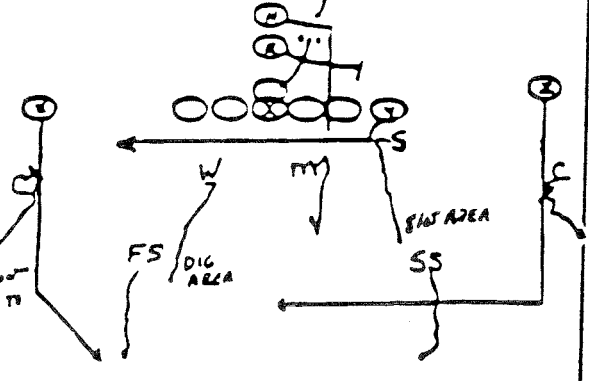
**Notes:** 2 back Y motion = check Ralph.



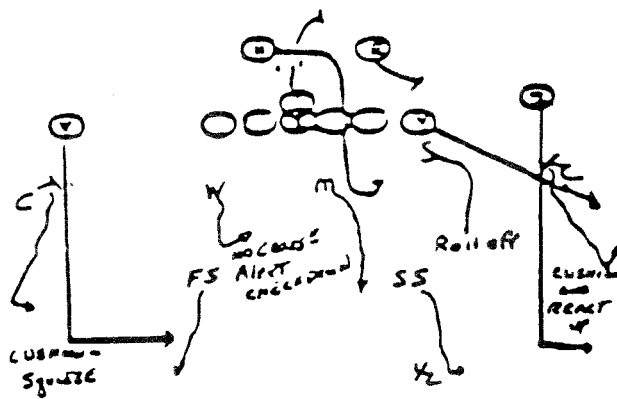
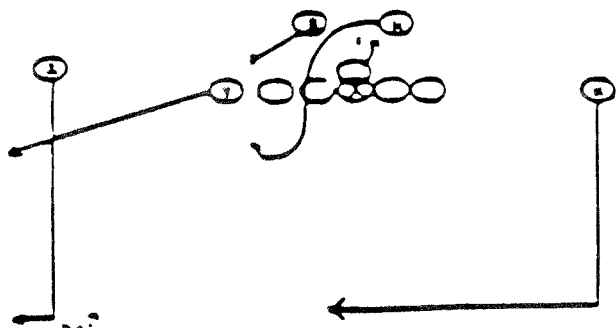
Zone it concept - will play out of Cover 2  
COVER 2



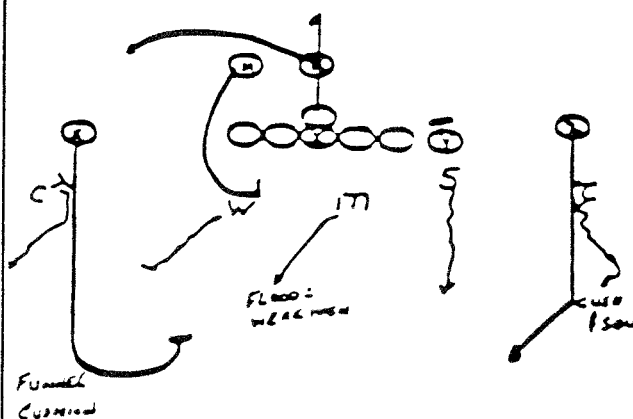
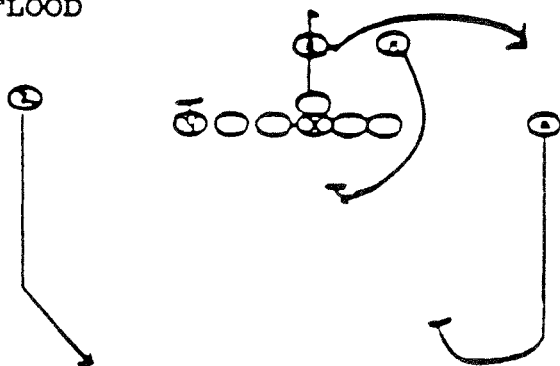
| SAM  |                              |  | MIKE   |   |                       | WILL   |                    |                     |
|--|------------------------------|--|--|---|-----------------------|--|--------------------|---------------------|
| <b>Align:</b> Heavy shade on TE.<br>If TE is wide, align inside<br><b>Key:</b> TE, NB, QB<br><b>Resp:</b> Re-route TE. Inside release - ride TE until NB crosses your face. Push off & zone slot area. Outside release - widen TE thru slot area. Zone the slot.<br><b>Flood:</b> Drop to strong hook area.<br><br>Note: Vs. Trips = Backer support. |                              |  | <b>Align:</b> Base<br><br><b>Key:</b> TE, NB, QB<br><br><b>Resp:</b> Open to #3. Zone middle area to post.<br><br><b>Flood:</b> Drop to weak hash 12-15 yds. deep. You must run it & force high throw.<br><br>C.P.: Any #2 or #3 deep seam. You must run w/ it & force high throw. |   |                       | <b>Align:</b> Tan<br><br><b>Key:</b> Weakside #2, QB<br><br><b>Resp:</b> Zone weak hook area 10-12 yds. deep. maintain inside position on #2 to ball, but get depth. Tight X - maintain inside position on #1.<br><b>Flow:</b> If TE shallow cross = expect X Dig behind you.<br><b>Flood:</b> If possible, re-route #2 & work to slot area.     |                    |                     |
| STRONG CORNER  |                              | STRONG SAFETY  |  | FREE SAFETY   |                       | WEAK CORNER  |                    |                     |
| <b>Align:</b> Outside #1, 4 yds. deep<br><b>Key:</b> #1, #2, #3, QB<br><b>Resp:</b> Flat zone strong-side. Re-route #1 & disrupt his pattern. Funnel #1 inside. Vs. #1 fade turn inside keeping vision. Locate #2 or #3 as you get depth.<br>C.P.: You must "hold off" the fade 18-20 yds. deep.<br>Note: 2nd thru zone M/M.                         |                              | <b>Align:</b> 2 yds. outside TE & 10-12 yds. deep.<br><b>Key:</b> #1, #2, QB<br><b>Resp:</b> Strong deep 1/2 (2 deep zone.) Get to proper position on man in zone (2 yds. inside #'s.) Get depth (22 yds) as you see release of #1. Always know route of #2.<br>C.P.: #2 threatens deep middle & #1 fades, favor #2. |  | <b>Align:</b> Head on WT 10-12 yds. deep.<br><b>Tight X:</b> Head on ball or shade weak.<br><b>Key:</b> Weakside #1, #2, QB<br><b>Resp:</b> Weak deep 1/2 (2 deep zone.) Strong QB key. Get to proper position on man in zone. (2 yds. inside numbers.) Get depth as you read release of weakside #1(22yds) |                       | <b>Align:</b> Outside #1, 4 yds. deep.<br><b>Key:</b> Wkside #1, #2, QB<br><b>Resp:</b> Flat zone weak side. Re-route #1 & disrupt his pattern. Funnel #1 inside. Vs. #1 fade-turn inside keeping "vision." Locate weakside #2 or Xing receivers as you get depth. C.P: you must "hold off" the fade 18-20 yds deep.<br>Note: 2nd thru zone M/M. |                    |                     |
| SLOT OR MOTION TO SLOT   | DETROIT OR MOTION TO DETROIT | DETROIT WING   | MOTION TO DOUBLE   | DOUBLE OUTSIDE  | DENVER                | TRIPS OR MOTION TO TRIPS   | MOTION OUT TO TWIN | WHITE YELLOW ORANGE |
| Check Ralph-Leo Over = Play it   |                              |  | Will-Seam Technique  | Ralph-Leo   | Will alert to #2 seam | Sam walk out on #2 backer support. Seam Tech   | Ralph-Leo          | Play it             |

|   |  |
|---|--|
| <p><b>END RUN FORCE</b> Note: *Spill*=CB go under 1 block only.</p> <p><b>STRONGSIDE</b></p> <ul style="list-style-type: none"> <li>- Y NORMAL: CLOUD</li> <li>- SLOT: BACKER (Check Ralph)</li> <li>- TRIPS: BACKER</li> <li>- NOTES:</li> </ul> | <p><b>INSIDE +15 YARD LINE</b></p>   |
| <p><b>WEAKSIDE</b> Note: *Spill*=CB go under 1 block only.</p> <ul style="list-style-type: none"> <li>- X NORMAL: CLOUD</li> <li>- SLOT/TIGHT X: BACKER (Check Ralph)</li> <li>- 1 BACK BALANCED: CLOUD</li> <li>- NOTES:</li> </ul>              |  |
| <p><b>Y INSIDE MOTION</b></p>   |   |
| <p><b>Y OUTSIDE MOTION</b></p>   |  |
| <p><b>FLOW Y CROSS</b></p>   |  |

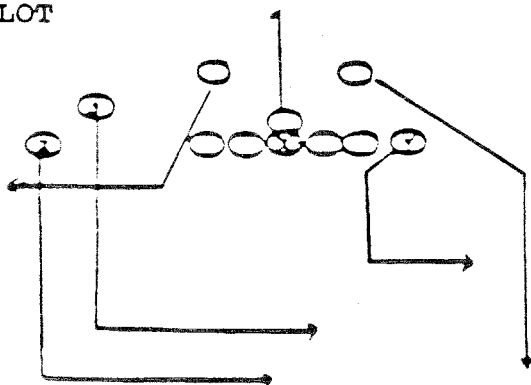
# FLOW "Y" OUTSIDE RELEASE



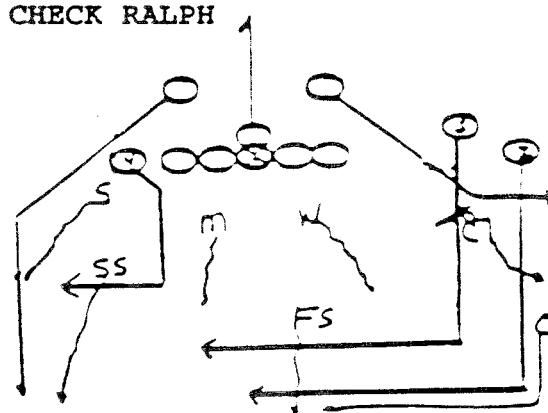
# FLOOD



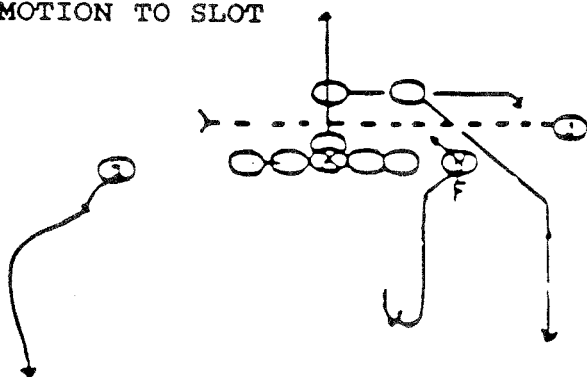
# SLOT



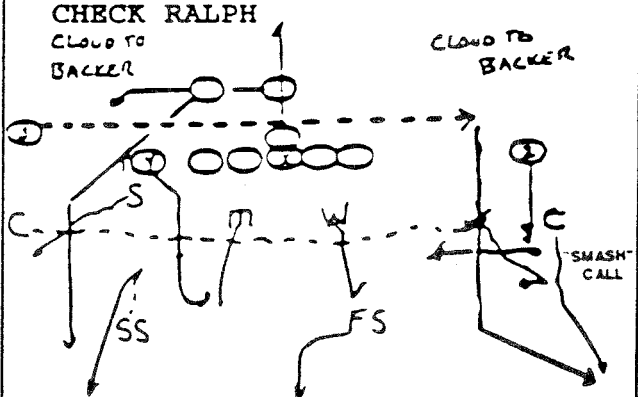
# CHECK RALPH



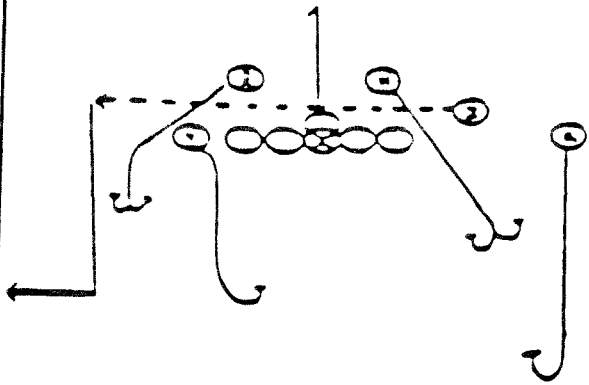
# MOTION TO SLOT



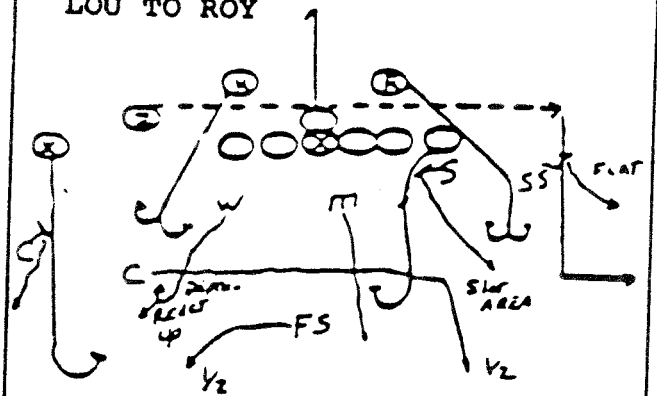
# CHECK RALPH



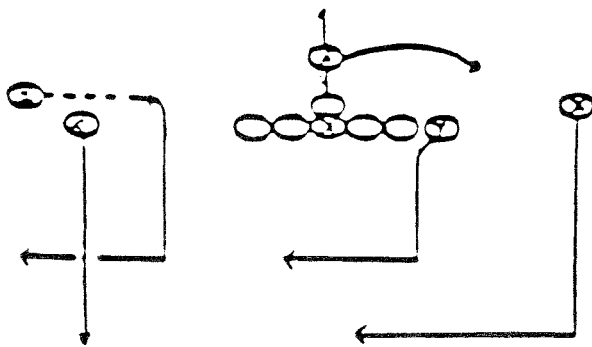
MOTION TO PRO



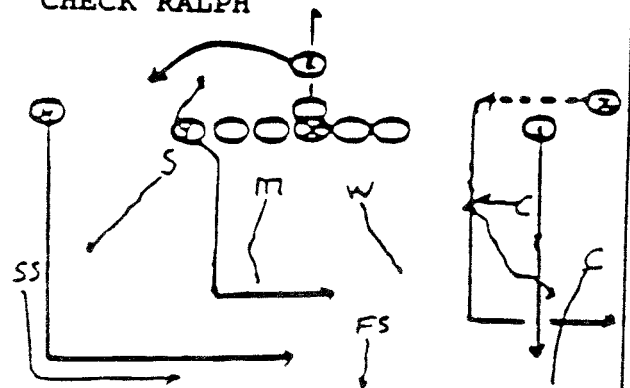
LOU TO ROY



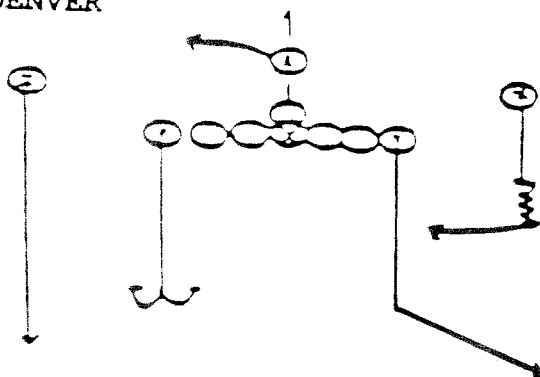
DETROIT (SHORT MOTION)



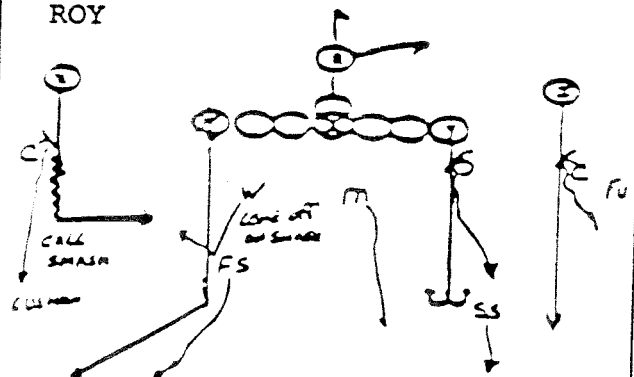
CHECK RALPH



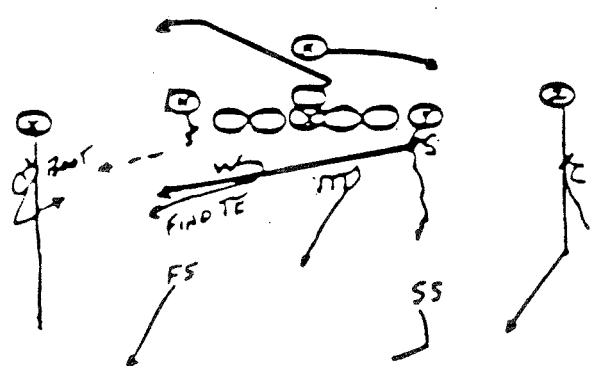
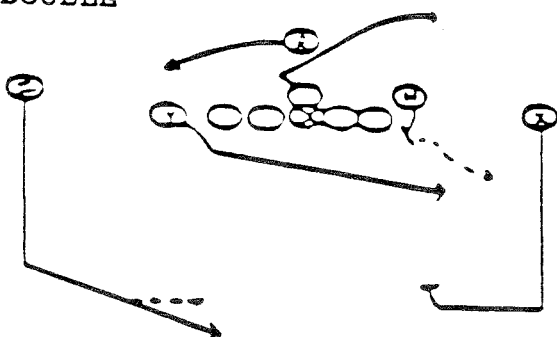
DENVER



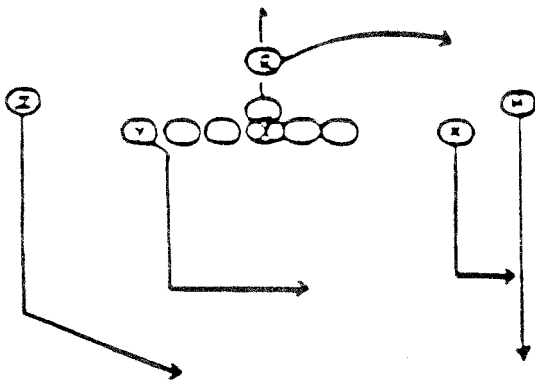
ROY



DOUBLE

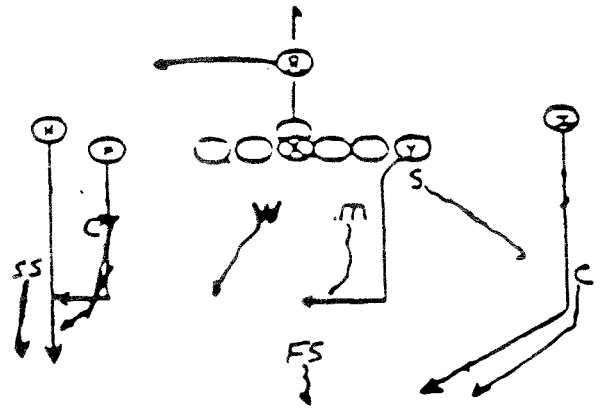


# DOUBLE OUTSIDE

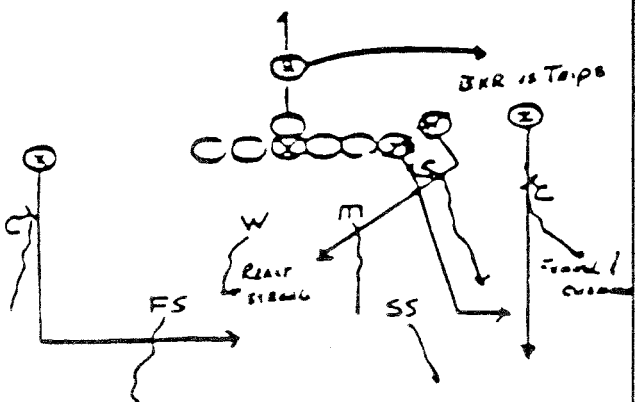
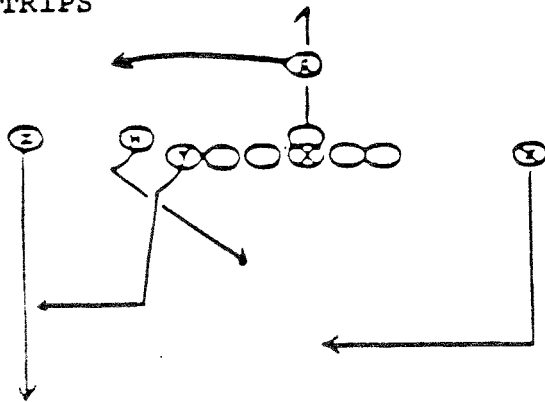


# CHECK LEO

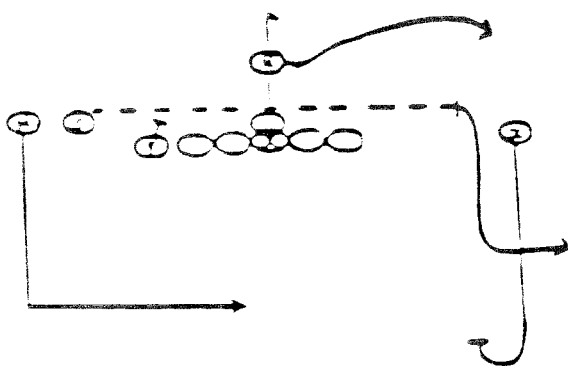
Note: Possible C.O.S. (Ace)



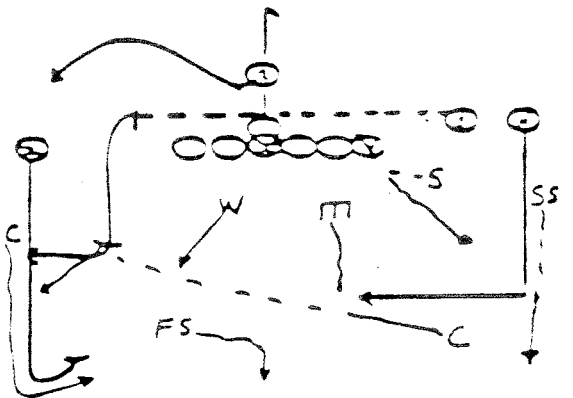
# TRIPS



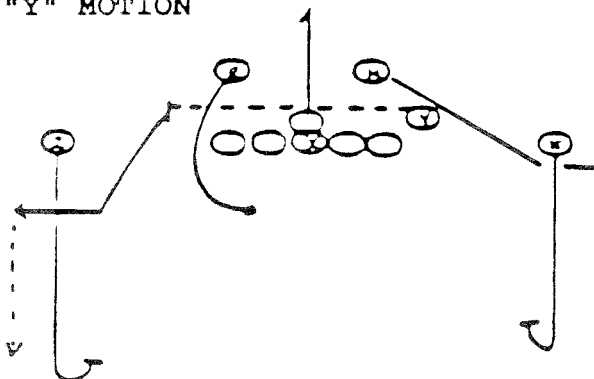
# TRIPS MOTION TO DETROIT



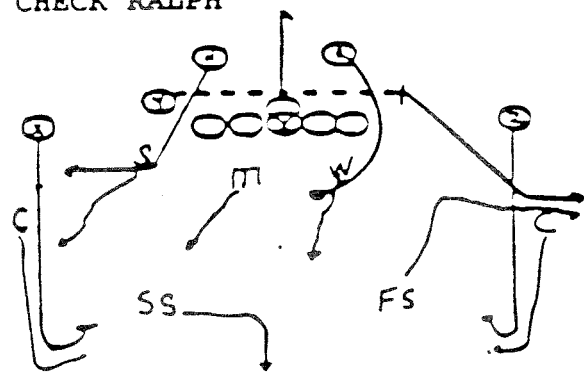
# CHECK LEO



# "Y" MOTION



# CHECK RALPH



## COVER 2 MAN

A combination man to man & zone coverage. Five underneath man to man & two deep zone.

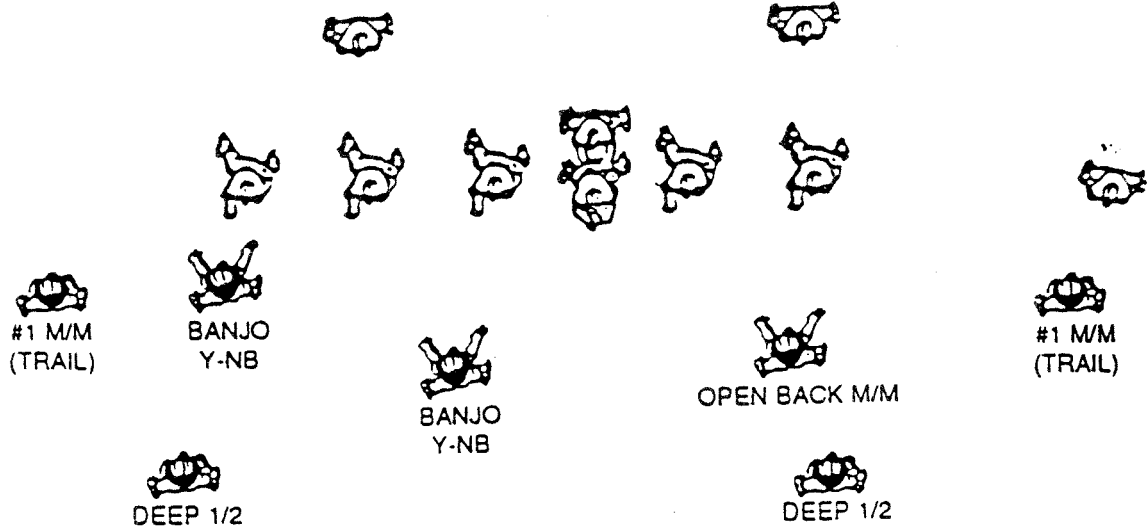
|               |  |
|---------------|--|
| STRONG CORNER | = Cover #1 man to man.                                     |
| STRONG SAFETY | = Drop to 2 yds. inside the numbers & zone half the field. |
| FREE SAFETY   | = Drop to 2 yds. inside the numbers & zone half the field. |
| WEAK CORNER   | = Cover #1 man to man.                                     |
| SAM           | = Cover #2 man to man. (Possible Banjo.)                   |
| MIKE          | = Cover #3 man to man. (Possible Banjo.)                   |
| WILL          | = Cover weakside #2 man to man.                            |

NOTE: Two back Y motion = Sam take TE M/M. ("I got him.")

### ADDITIONAL CALLS:

|       |   |
|-------|---|
| COMBO | = Strong Corner/Weak Corner outside technique bracket with Strong Safety & Weak Safety. |
|-------|---|

# COVER 2 MAN



| SAM  |  | MIKE  |                           | WILL   |                  |  |                          |   |
|--|--|---|---------------------------|--|------------------|--|--------------------------|---|
| Align: Backer<br><br>Key: TE-NB<br><br>Resp: Banjo TE-NB w/ Mike<br>TE inside release = NB M/M.<br>TE outside release = TE M/M<br><br>Note: Possible lock call =<br>TE M/M.  |  | Align: Base<br><br>Key: NB-TE<br><br>Resp: Banjo TE-NB w/ SAM. TE<br>inside release = TE M/M.<br>Help deep from safeties. TE<br>outside release = NB M/M.<br>Spy if he blocks.<br><br>Flood: Lock on NB weak.<br>Possible lock call = NB M/M.<br>Note: Alert swap vs. cross-<br>ing action. |                           | Align: Tan<br><br>Key: NB<br><br>Resp: 1st back M/M. Alert<br>swap on crossing action.   |                  |  |                          |   |
| STRONG CORNER  |  | STRONG SAFETY   |                           | FREE SAFETY  |                  | WEAK CORNER  |                          |   |
| Align: By call.<br>"David" - shade inside<br>#1. Bump> "Combo" -<br>outside technique.<br><br>Key: #1<br><br>Resp: "David" #1 MM<br>bump inside technique.<br>C.P.: Safety has deep<br>1/2 "Combo" #1 w/<br>strong safety. |  | Align David: same as<br>Cover 2<br>Key: #2, #1. QB<br><br>C.P.: Be more con-<br>scious of #2 because<br>corner stays M/M on #1<br>fade.<br><br>Note: If "Combo"<br>called, then key #1<br>to #2.  |                           | Align David: same as<br>Cover 2<br><br>Key: #2, #1. QB<br><br>C.P.: Be more con-<br>scious of weakside #2<br>on "1 back" set<br>because corner stays<br>M/M on #1 fade.<br><br>Note: If "Combo"<br>called, then key #1 to<br>#2. |                  | Align: By call.<br>"David" - shade<br>inside #1, Bump.<br>"Combo" - outside<br>technique.<br>Key: "David" - #1 M/M<br>Bump inside tech-<br>nique.<br><br>C.P.: Safety has deep<br>1/2. "Combo" #1 w/<br>free safety. |                          |   |
| SLOT OR<br>MOTION<br>TO SLOT   | DETROIT OR<br>MOTION TO<br>DETROIT                             | DETROIT<br>WING   | MOTION<br>TO<br>DOUBLE    | DOUBLE<br>OUTSIDE  | DENVER           | TRIPS OR<br>MOTION<br>TO TRIPS   | MOTION<br>OUT TO<br>TWIN | WHITE<br>YELLOW<br>ORANGE                   |
| Play it  | Motion =<br>backers<br>adjust<br>Aligned =<br>check<br>special | Check<br>Special  | Will<br>adjust<br>to peel | Check<br>Special   | Check<br>Special | Fly=Sam<br>& Mike<br>adjust<br>Aligned<br>= check<br>special   | C's push                 | Play it<br>or<br>Special<br>based on<br>set |

# **END RUN FORCE**

## **STRONGSIDE**

- Y NORMAL: BACKER
- SLOT: BACKER
- TRIPS: BACKER (Check Special)
- NOTES: Safeties cross key guards. Late safety support vs. run.

# **INSIDE +15 YARD LINE**

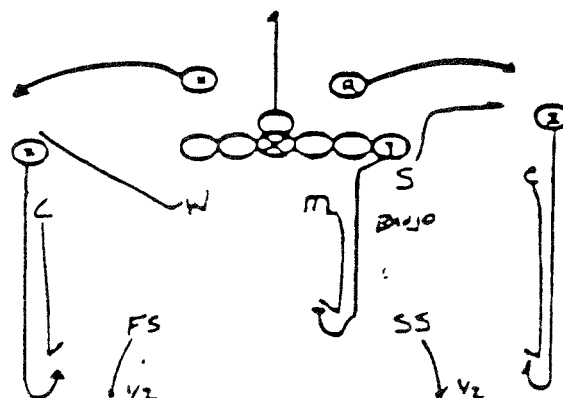
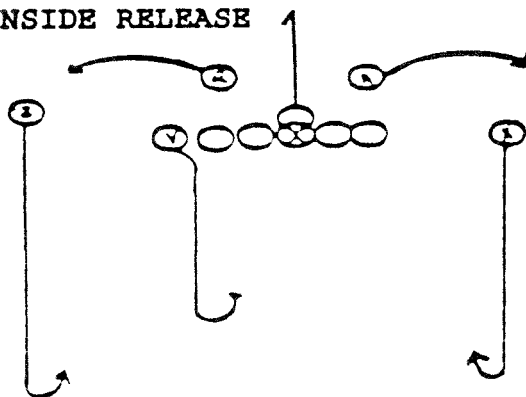
## **- AUTOMATIC COMBO**

## **WEAKSIDE**

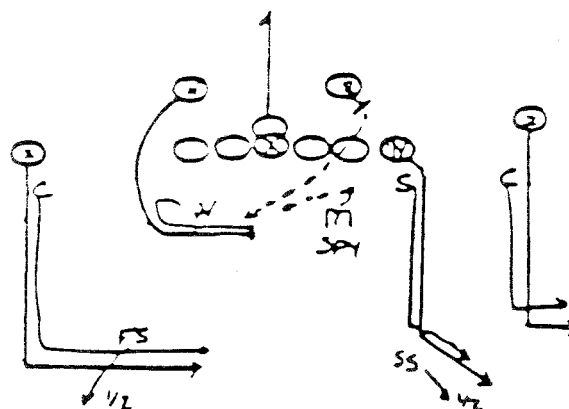
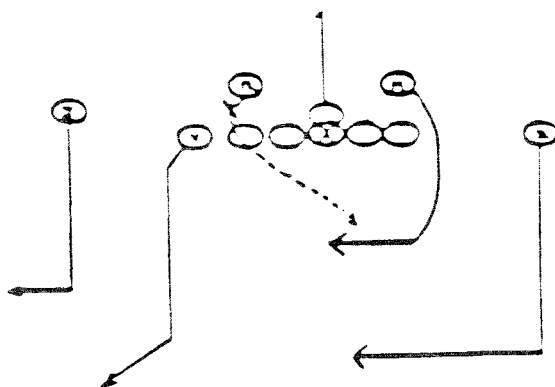
- X NORMAL: BACKER
- SLOT/TIGHT X: BACKER
- 1 BACK BALANCED: CHECK
- NOTES: SPECIAL

## **ADJUSTMENTS:**

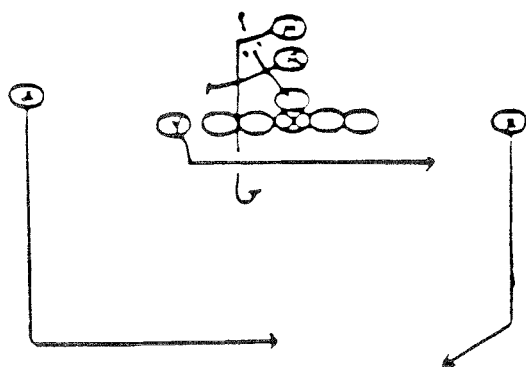
## **Y INSIDE RELEASE**



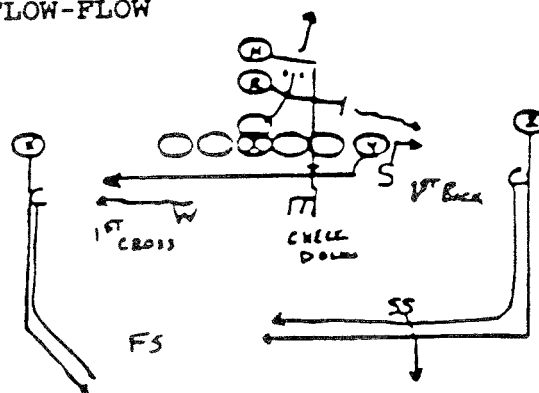
## **Y OUTSIDE RELEASE**



## **FLOW Y CROSS**

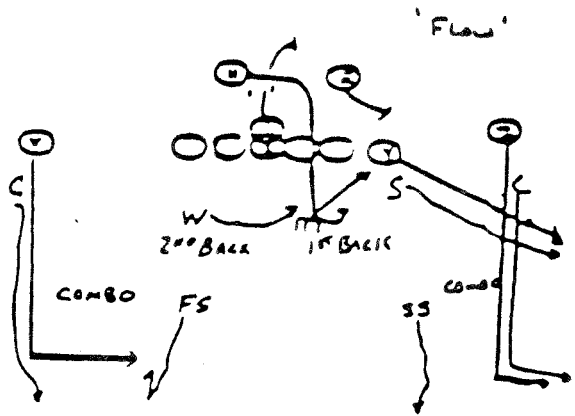
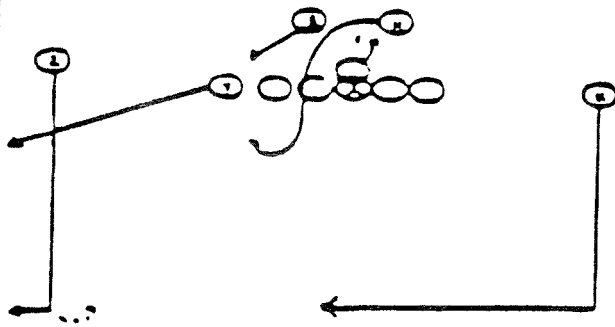


## **FLOW-FLOW**

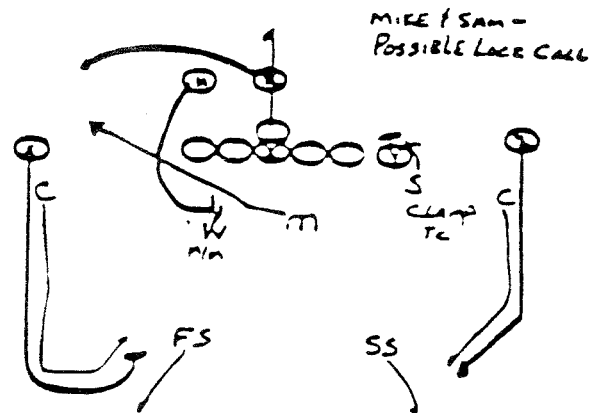
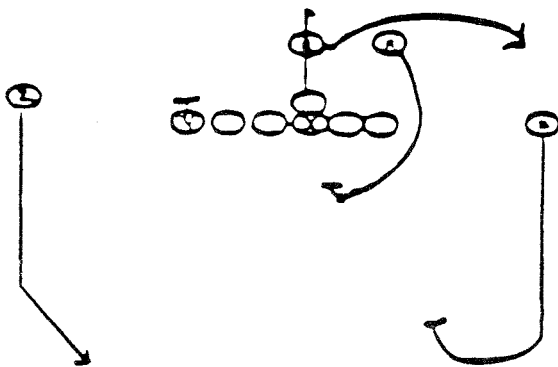




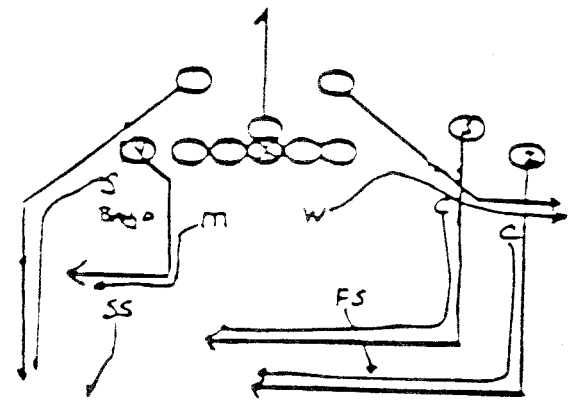
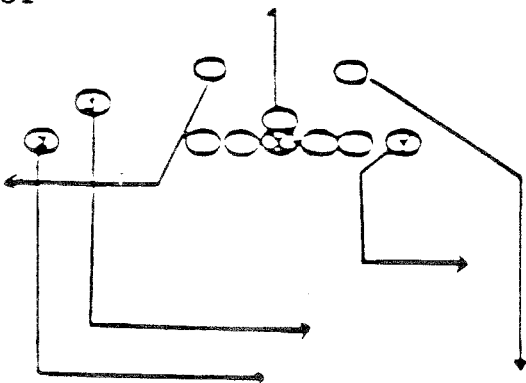
# FLOW "Y" OUTSIDE RELEASE



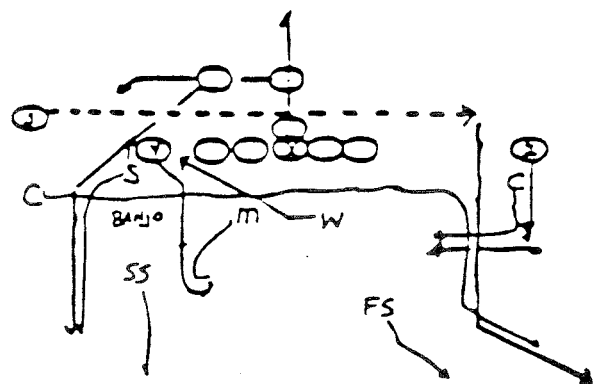
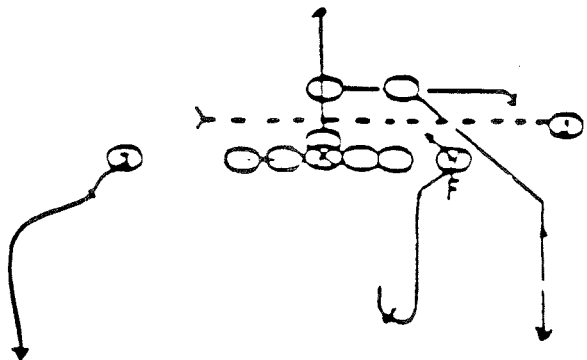
## FLOOD



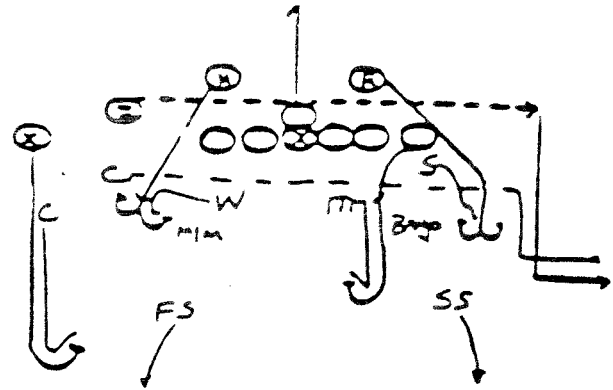
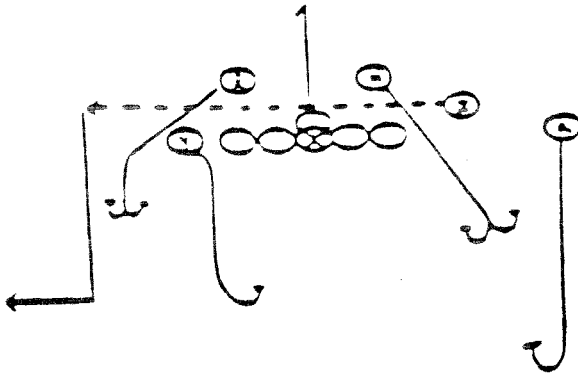
## SLOT



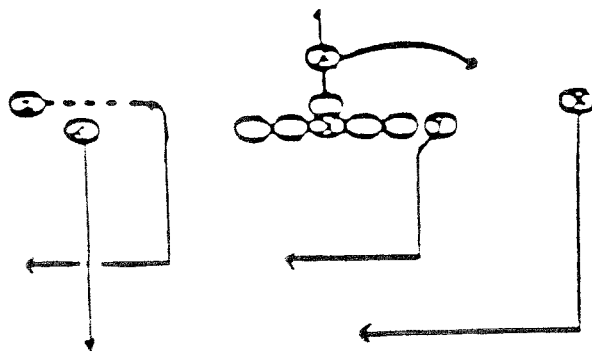
## MOTION TO SLOT



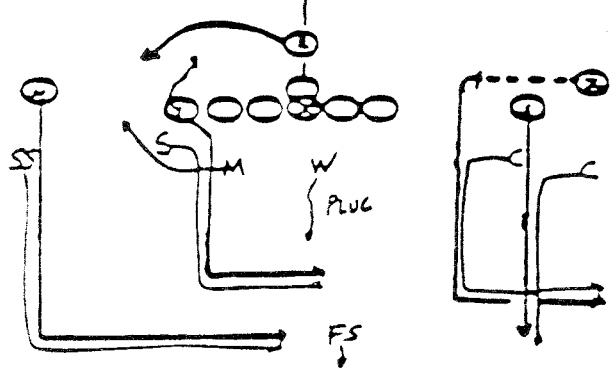
MOTION TO PRO



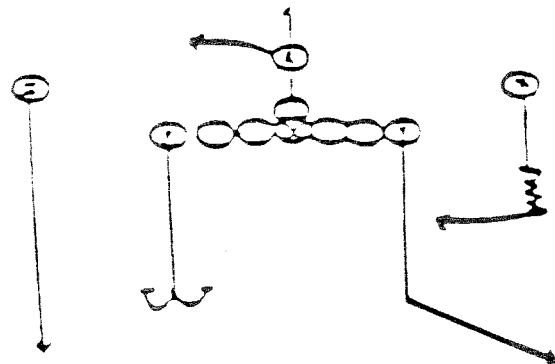
DETROIT (SHORT MOTION)



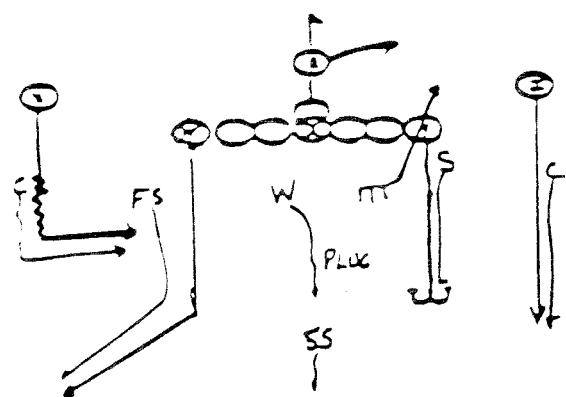
CHECK SPECIAL



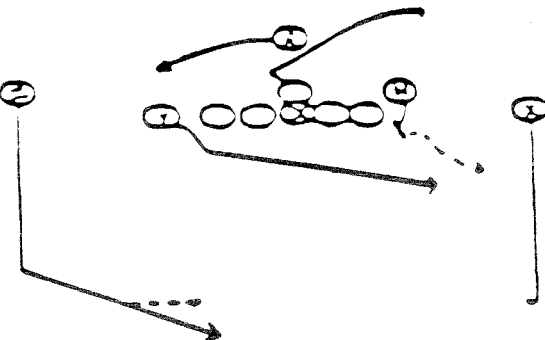
DENVER



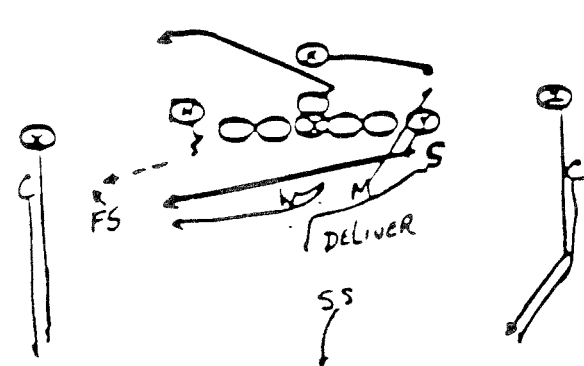
CHECK SPECIAL ROY



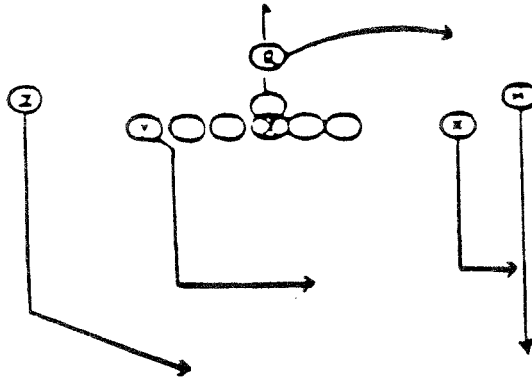
DOUBLE



CHECK SPECIAL

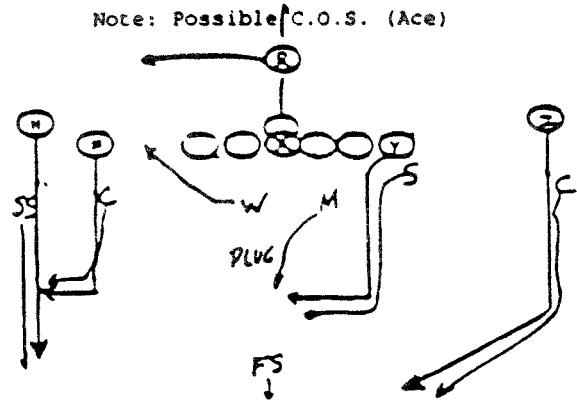


### DOUBLE OUTSIDE

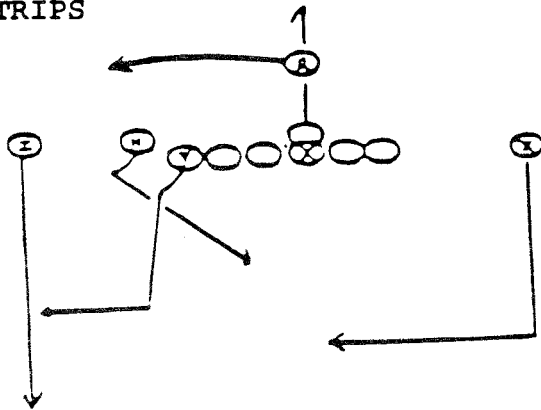


### CHECK SPECIAL

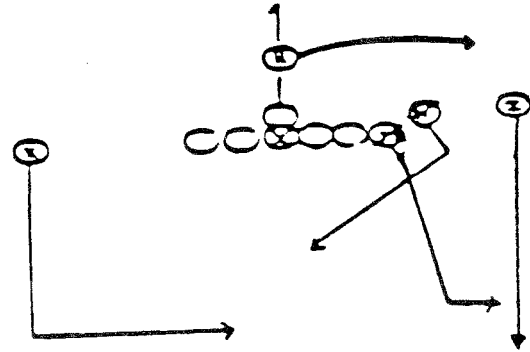
Note: Possible C.O.S. (Ace)



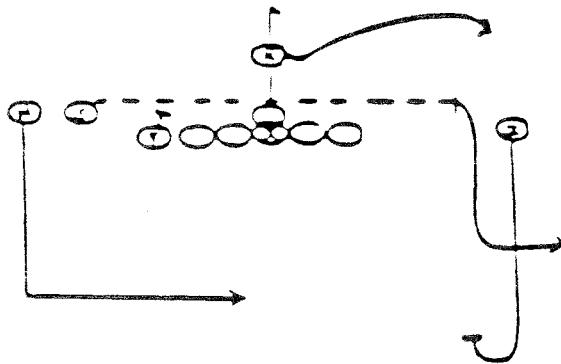
### TRIPS



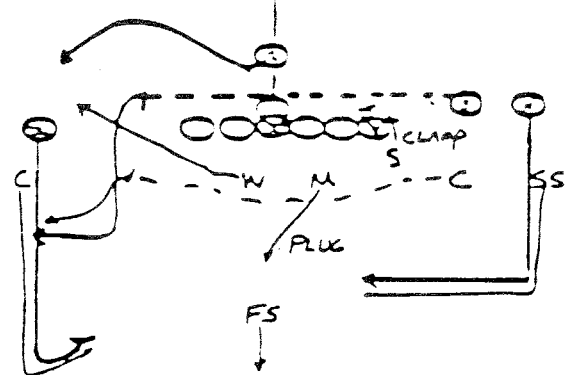
### CHECK SPECIAL



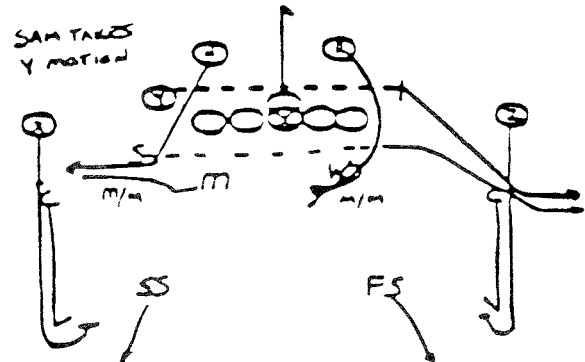
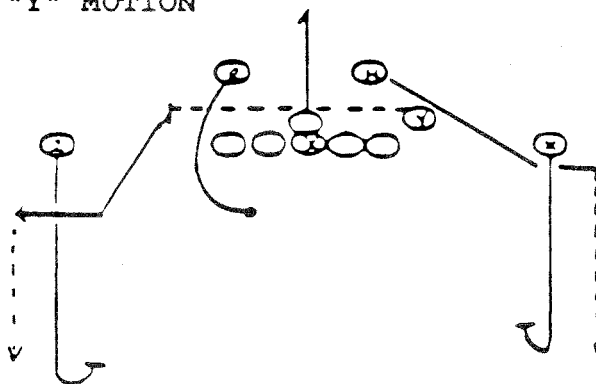
### TRIPS MOTION TO DETROIT



### CHECK SPECIAL



### "Y" MOTION

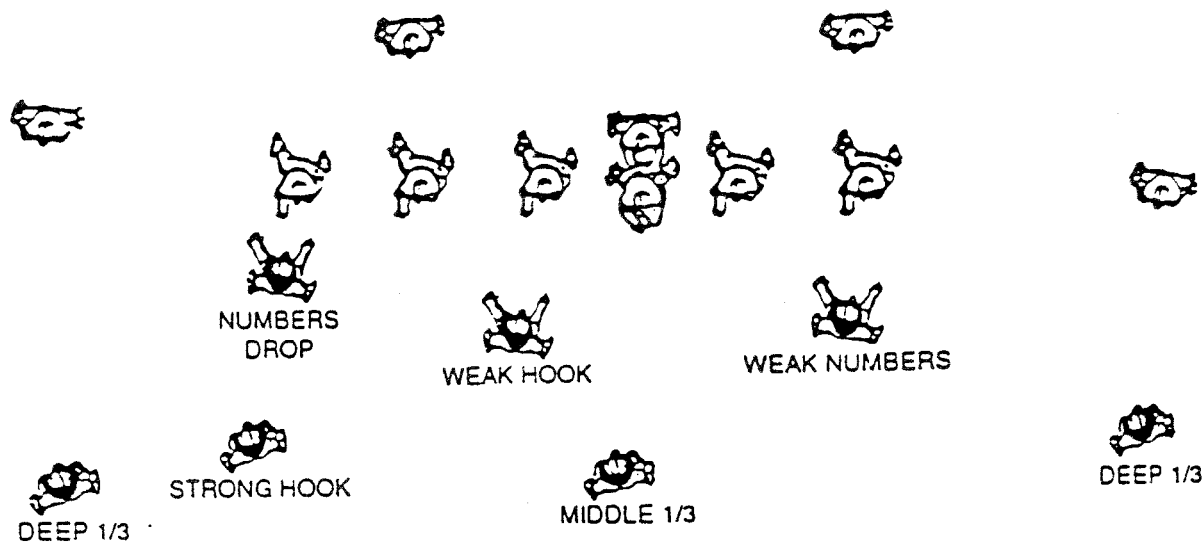


### COVER 3

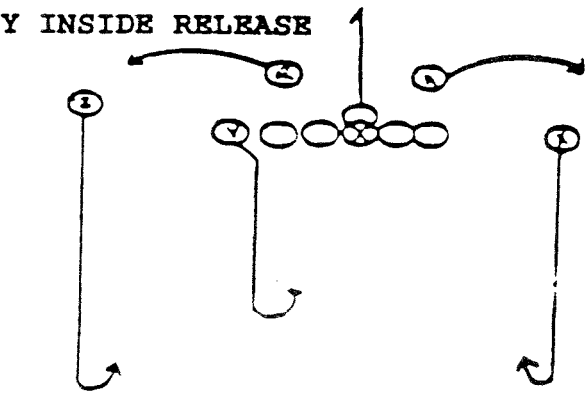
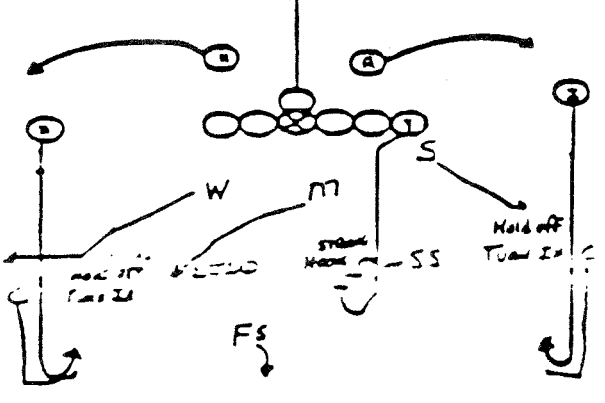
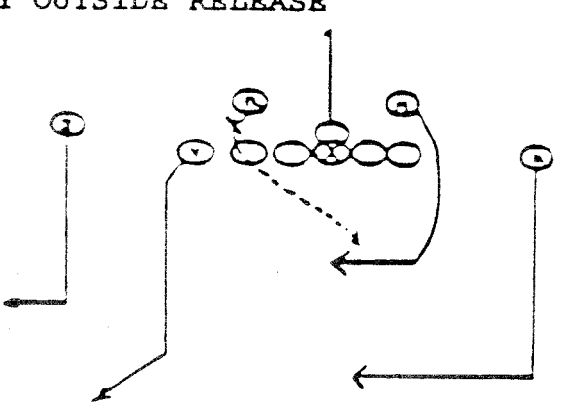
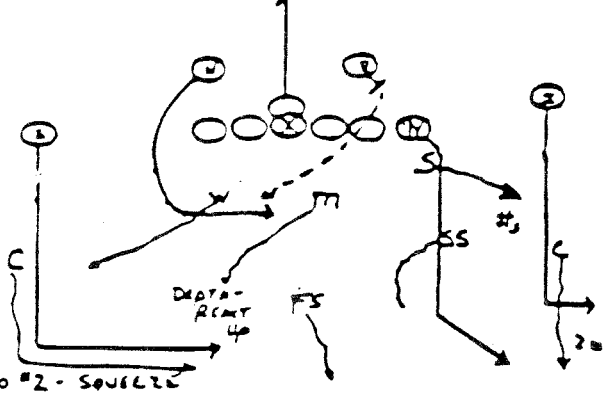
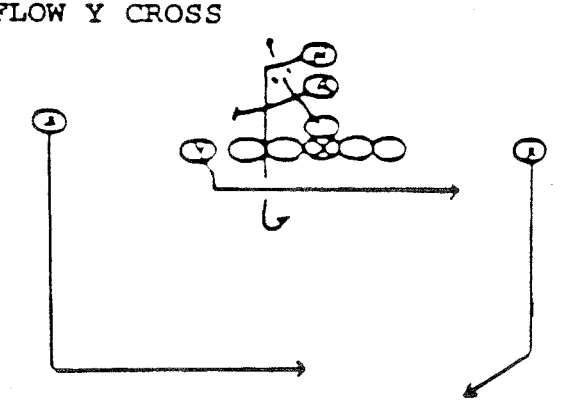
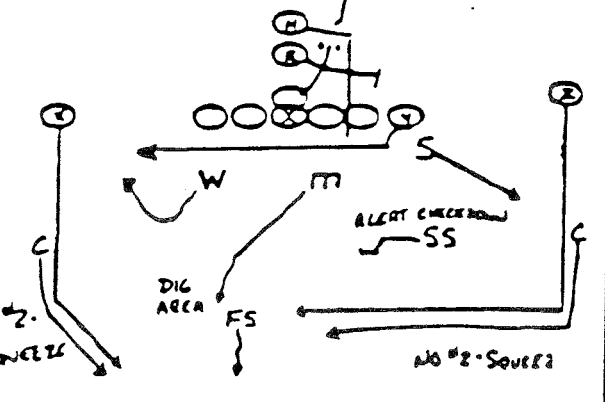
A rotated zone coverage to the two receiver side of the offensive formation with 3 linebackers in zone coverage.

- STRONG CORNER** = Zone drop to deep outside one-third.
- STRONG SAFETY** = Strong hook. Zone drop inside of #2 & #3 receivers to 12 yds.
- FREE SAFETY** = Zone deep middle one-third.
- WEAK CORNER** = Zone drop to deep outside one-third.
- SAM** = Zone drop to numbers area.
- MIKE** = Zone the weak hook area (inside of 1 & 2 wk.)
- WILL** = Zone drop to numbers area.
- ADDITIONAL CALLS:**
- RALPH/LEO** = Check to a Sky rotation.
- ZEBRA** = Corners play from Bump Look.
- SKY** = SS - has numbers drop  
Sam - has strong hook drop
- CLOUD** = Sam - has strong hook drop  
SC - has flat zone, re-route #1 & funnel outside.  
SS - has deep outside third strongside.

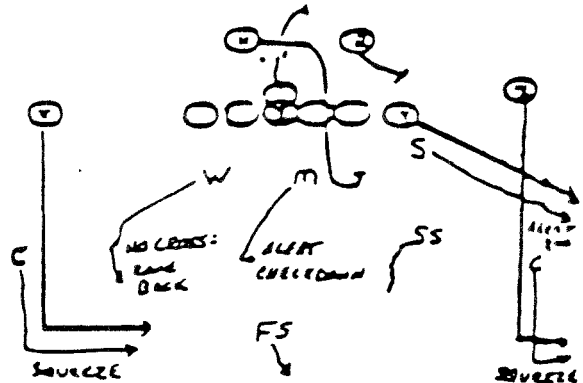
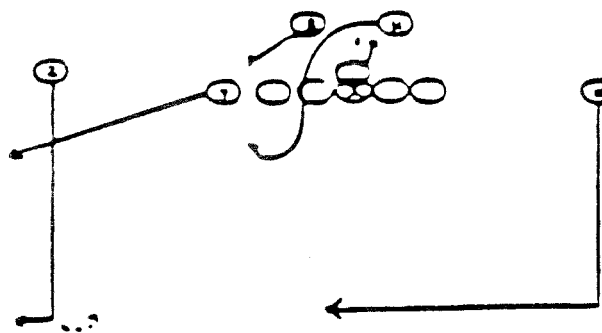
# COVER 3



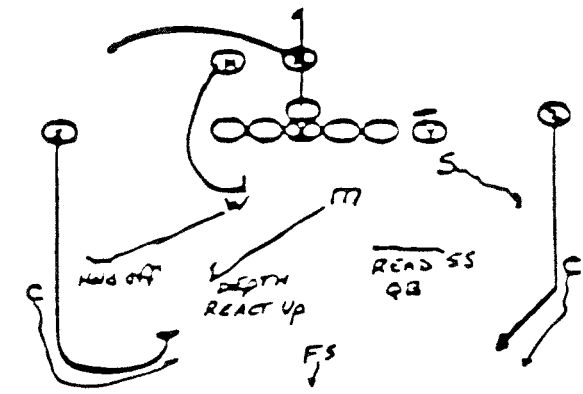
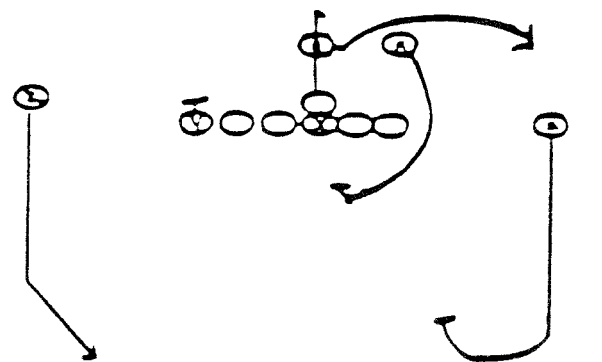
| SAM   |                              | MIKE  |   |   | WILL  |  |                        |                     |
|---|------------------------------|---|---|---|---|--|------------------------|---------------------|
| Align: Backer<br><br>Key: TE, NB, QB<br><br>Resp: Drop to numbers area. Outside leverage on TE/NB to flat, hold off curl. Cover 2nd man thru zone M/M.<br><br>Sky or Cloud: Zone strong hook. Inside TE-NB to the ball.   |                              | Align: Base<br><br>Key: Weakside #2, #1, QB<br><br>Resp: Zone weak hook area. 1 yard outside hash & 12 yds. deep is your aiming point. Stay inside of #1 & #2 weak.<br><br>Flow: TE shallow cross = Dig area. No TE cross = alert to check down.<br><br>Slot: Weak hook is now closed side.                   |   |   | Align: Tan<br><br>Key: Weakside #2, #1, QB<br><br>Resp: Zone drop to numbers area. Outside leverage on #2 to flat, hold off curl. Cover 2nd man thru zone M/M.<br><br>Flow: Cover first crossing receiver M/M. No TE cross = zone back.<br>Slot: Strong hook drop. Inside #2 & #3 strong to the ball. |  |                        |                     |
| STRONG CORNER   |                              | STRONG SAFETY   |   | FREE SAFETY   |   | WEAK CORNER  |                        |                     |
| Align: 10 yds. from receiver, apply hash split rule.<br>C.P.: disguise<br>Key: #2, #1, QB<br>Resp: Zone drop to deep outside 1/3. Always be in position to cover deepest receiver in your zone. Read QB & ball react. C.P.: must know route of #2. No threat = play #1 M/M.<br>Cloud: Flat zone. Re-route #1 outside. |                              | Align: 1/2 x 7 on TE. May cheat up w/ rack split of 2.<br>C.P.: Formations.<br>Key: TE, NB, QB<br>Resp: Zone strong hook. Drop inside TE, NB to the ball. Get vision to QB.<br>Flow: Carry TE seam to FS. TE cross-alert check down.<br>Slot: Zone deep 1/3 weak.<br>Sky: Numbers drop.<br>Cloud: outside 1/3 |   | Align: Between hashes 10-12 yds. deep.<br>Key: QB, ball<br>Resp: Zone deep middle. Use back pedal to get depth. Read QB & react to ball. C.P.: You are responsible for #2 seam.<br>Slot: Favor slot side.<br>Trips: Favor trips side.<br>Flow: Favor #2 seam.<br>Flood: Favor weak side |   | Align: 10 yds. from receiver, hash split rule.<br>Key: Weakside #2, #1.<br>Resp: Zone drop to outside 1/3. Always be in position to cover deepest receiver in your zone. Read QB & react to ball.<br>C.P.: Must know route of #2. No threat = play #1 M/M. |                        |                     |
| SLOT OR MOTION TO SLOT  | DETROIT OR MOTION TO DETROIT | DETROIT WING  | MOTION TO DOUBLE  | DOUBLE OUTSIDE  | DENVER  | TRIPS OR MOTION TO TRIPS   | MOTION OUT TO TWIN     | WHITE YELLOW ORANGE |
| Sky strong RALPH-LEO  | FS-favor weak seam RALPH     | SS 'replace' alignment RALPH  | Will - slide to hip alignment<br>Mike - Weak A aligned double out = RALPH |   |   | RALPH-LED  | Corners push RALPH-LED | Play it             |

|   |  |
|---|--|
| <p><b>END RUN FORCE</b><br/><b><u>STRONGSIDE</u></b></p> <ul style="list-style-type: none"> <li>- Y NORMAL: BACKER</li> <li>- SLOT: BACKER</li> <li>- TRIPS: BACKER (Sky Drop)</li> <li>- NOTES:</li> </ul> | <p><b>INSIDE +15 YARD LINE</b></p>   |
| <p><b><u>WEAKSIDE</u></b></p> <ul style="list-style-type: none"> <li>- X NORMAL: BACKER</li> <li>- SLOT/TIGHT X: BACKER</li> <li>- 1 BACK BALANCED: BACKER</li> <li>- NOTES:</li> </ul>                     | <p><b>ADJUSTMENTS:</b></p>   |
| <p><b>Y INSIDE RELEASE</b></p>    |   |
| <p><b>Y OUTSIDE RELEASE</b></p>    |  |
| <p><b>FLOW Y CROSS</b></p>   |  |

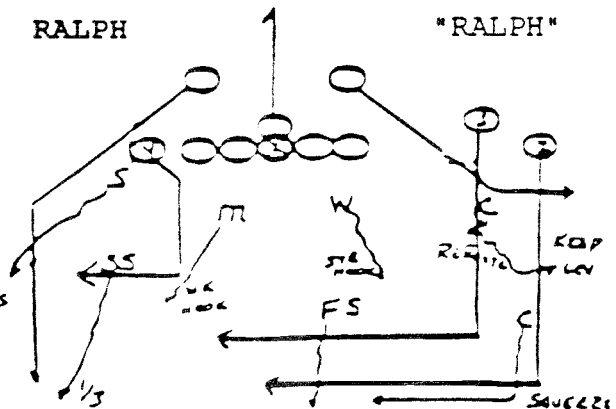
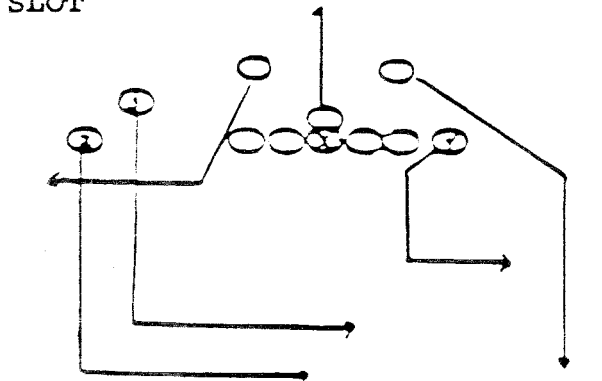
# FLOW "Y" OUTSIDE RELEASE



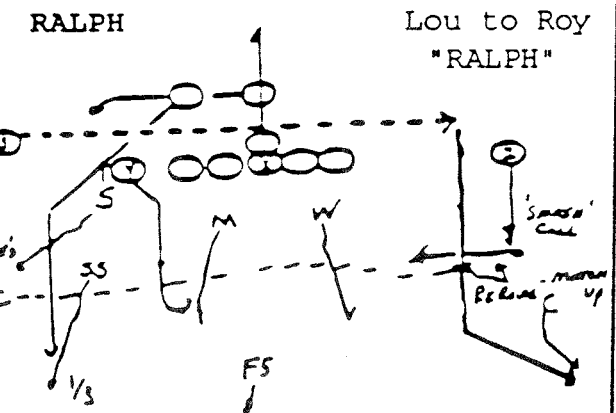
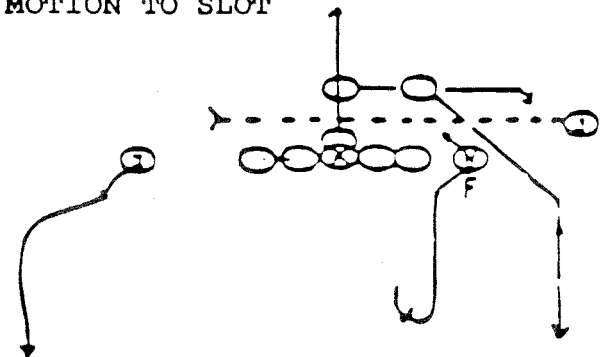
## FLOOD



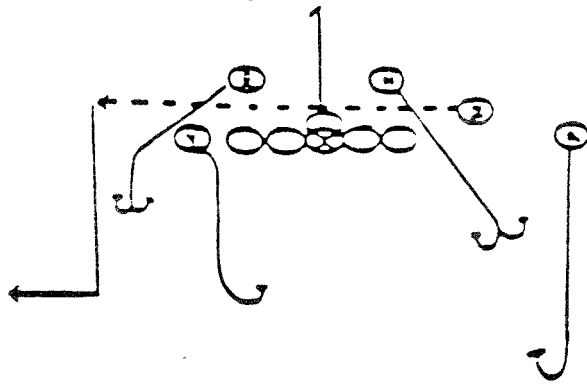
## SLOT



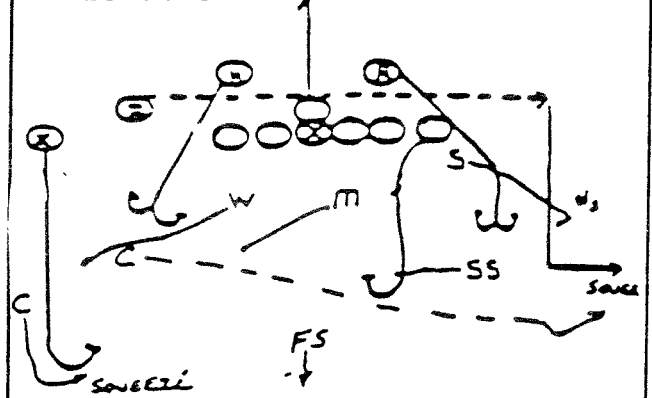
## MOTION TO SLOT



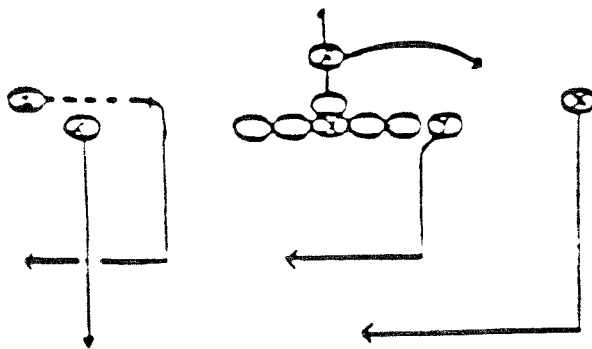
MOTION TO PRO



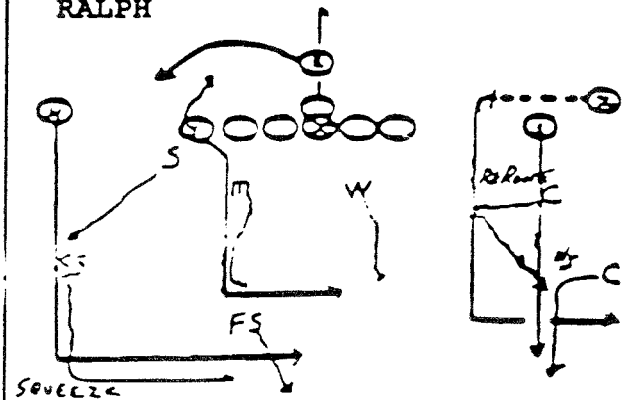
LEO TO 3



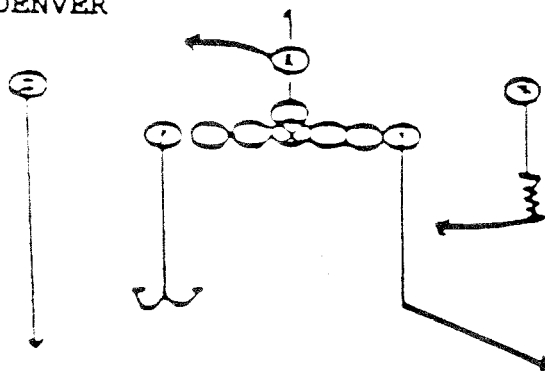
DETROIT (SHORT MOTION)



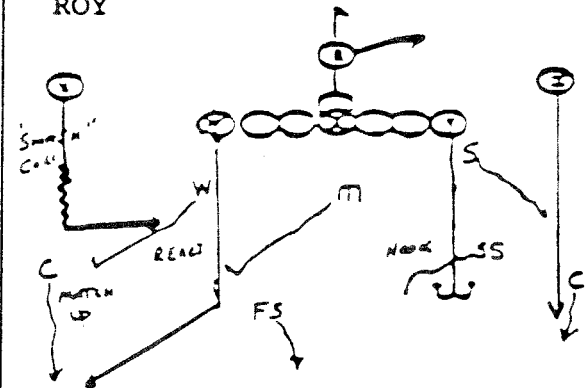
RALPH



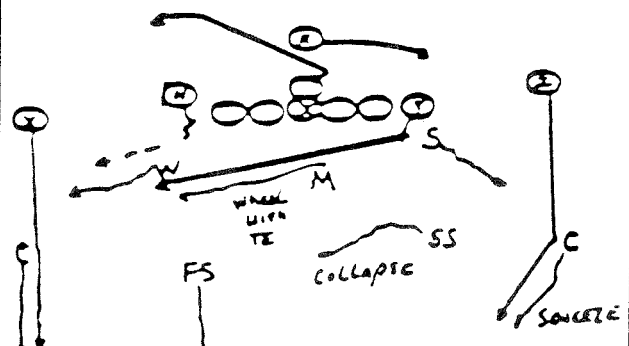
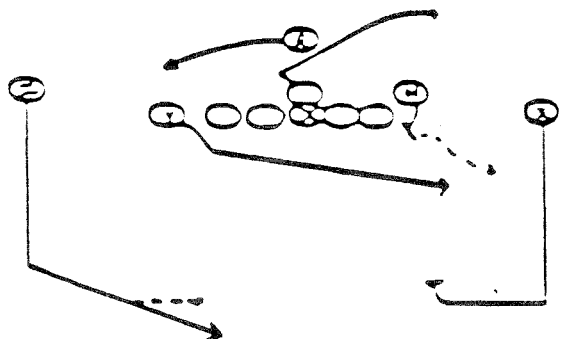
DENVER



ROY

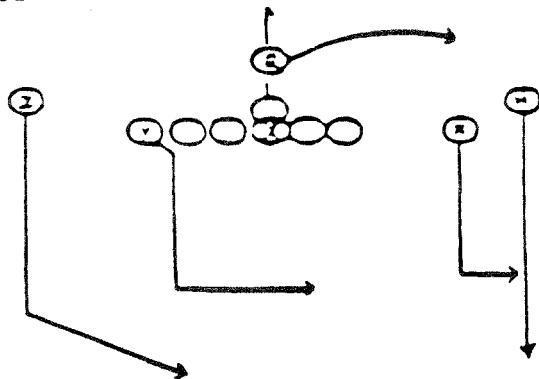


DOUBLE

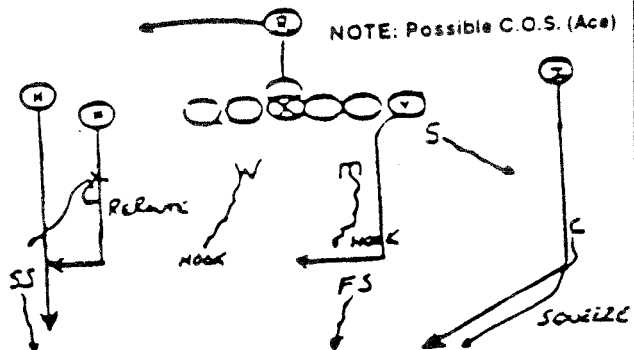




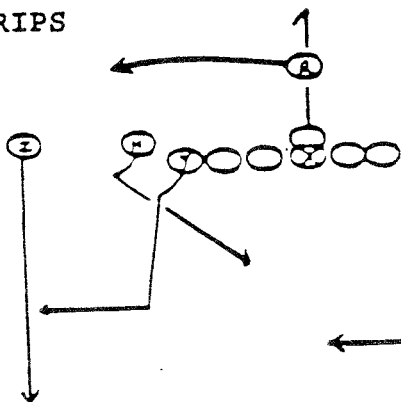
# DOUBLE OUTSIDE



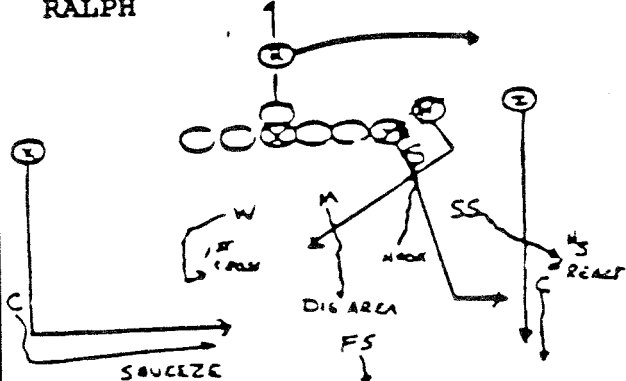
# LOU (SALLY) "LEO"



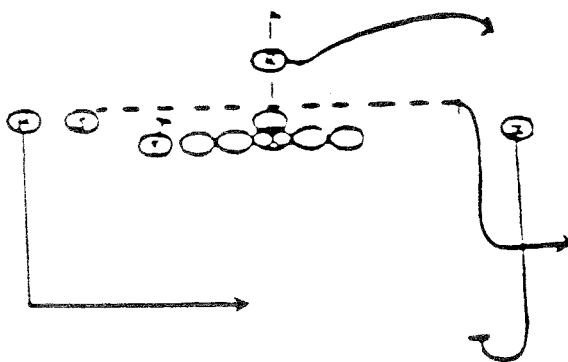
# TRIPS



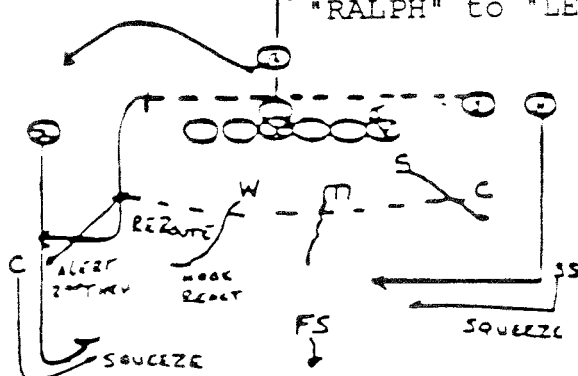
# RALPH



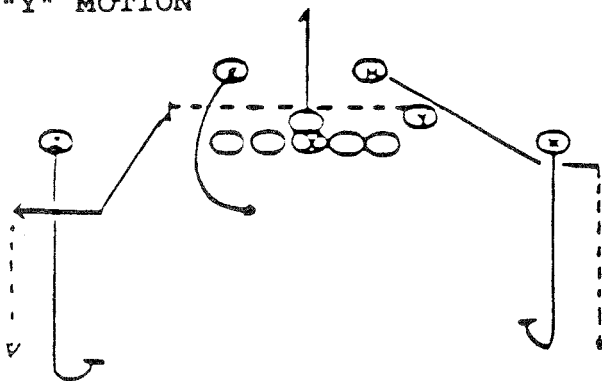
# TRIPS MOTION TO DETROIT



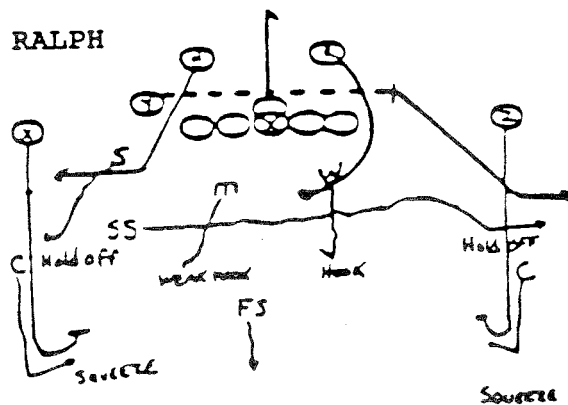
# "RALPH" TO "LEO" Roy to Lou "RALPH" to "LEO"



# "Y" MOTION



# RALPH



## COVER 4 SKY

A weak rotated zone coverage with 4 underneath and 3 deep.

STRONG CORNER = Zone drop to deep outside one-third.

STRONG SAFETY = Zone deep middle one-third.

FREE SAFETY = Zone weak numbers area.

WEAK CORNER = Zone drop to deep outside one-third.

SAM = Zone strong numbers area.

MIKE = Zone strong hook. Drop inside of #2 & #3 receivers to 12 yds.

WILL = Zone weak hook. (Inside #1 & #2 weak.)

NOTE: 2 back Y motion = Play it. Detroit & Tampa sets will always be Ralph or Leo. Never go back to 4.

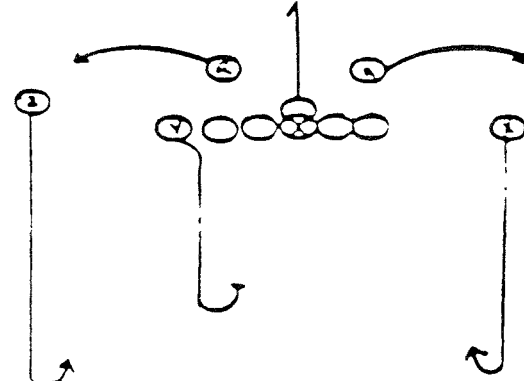
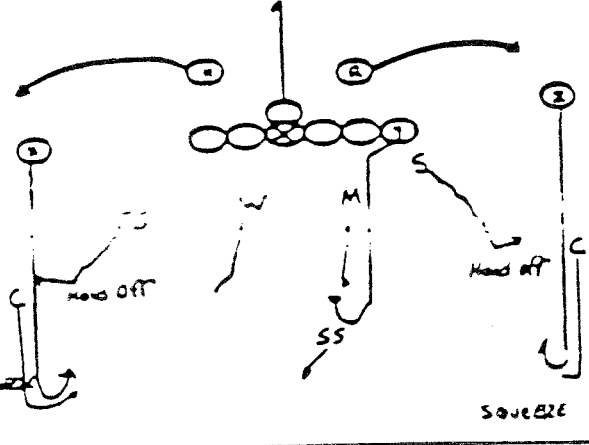
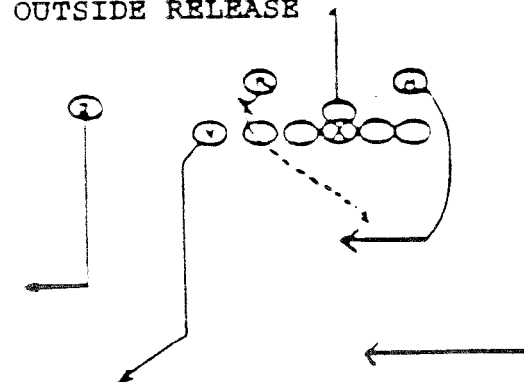
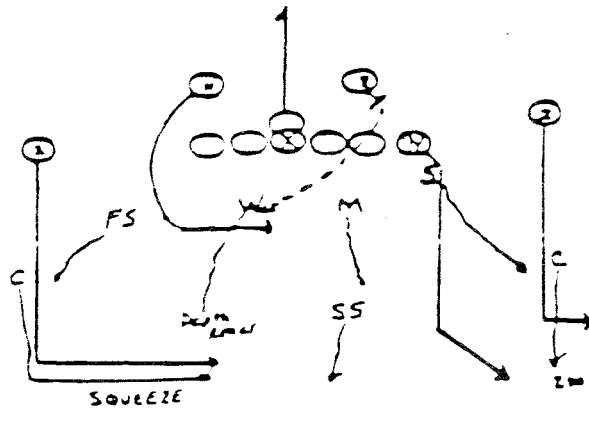
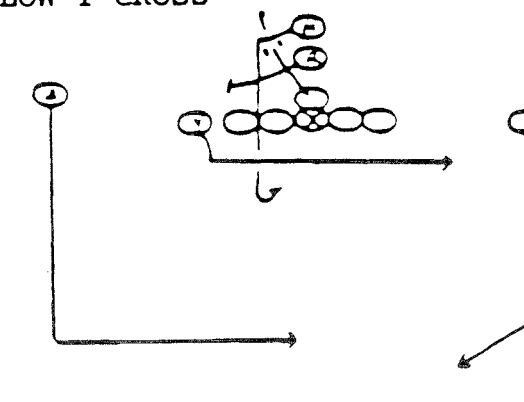
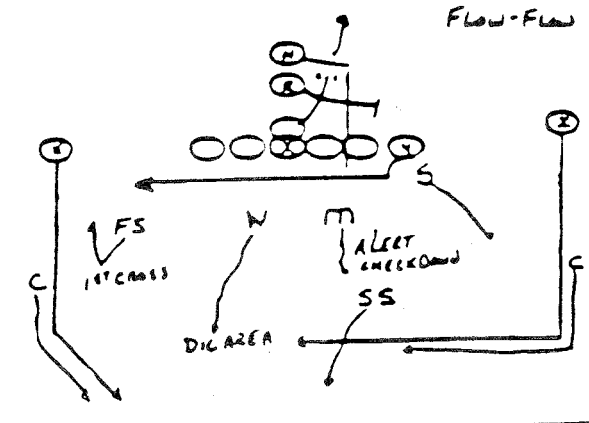
### ADDITIONAL CALLS:

VIKING = Automatic Sky. Play it vs. Slot sets (inside corner has middle 1/3.)

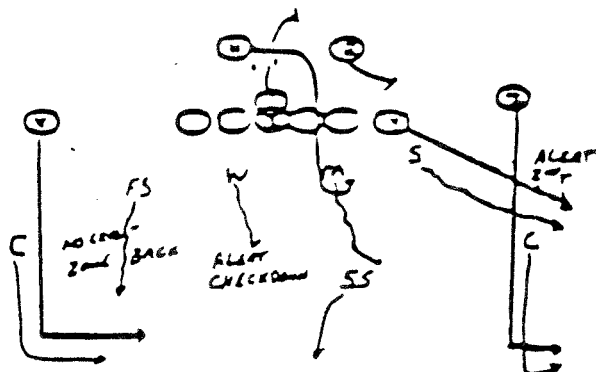
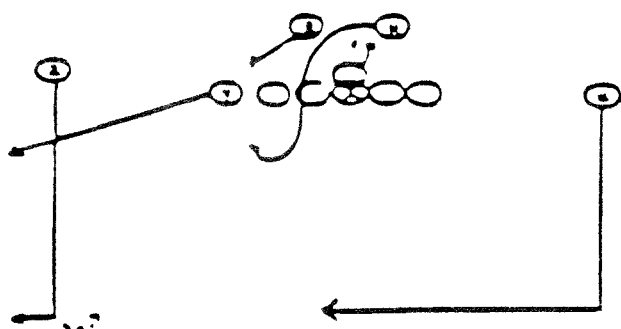
# COVER 4 SKY



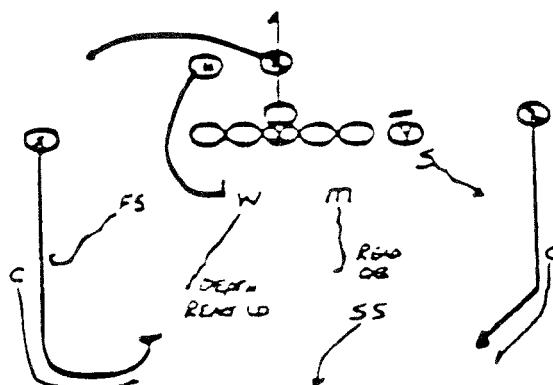
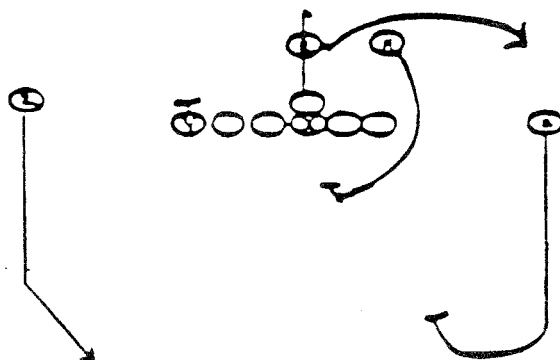
| SAM   |                              | MIKE   |                  | WILL  |        |   |                    |                           |
|---|------------------------------|--|------------------|---|--------|---|--------------------|---------------------------|
| <b>Align:</b> Backer<br><br><b>Key:</b> TE, NB, QB<br><br><b>Resp:</b> Drop to numbers area. Outside leverage on TE/NB to flat, hold off curl. Cover 2nd man thru zone M/M.   |                              | <b>Align:</b> Stack B<br><br><b>Key:</b> TE, NB, QB<br><br><b>Resp:</b> Zone strong hook area, 1 yd. outside hash.<br><br><b>Flow:</b> TE cross = alert check down. TE seam = carry it to SS.                              |                  | <b>Align:</b> Stack A<br><br><b>Key:</b> Weakside #2, 1, QB<br><br><b>Resp:</b> Zone weak hook area, 1 yd. outside hash.<br><br><b>Flow:</b> TE cross = Dig area. No TE cross = alert check down.   |        |   |                    |                           |
| STRONG CORNER   |                              | STRONG SAFETY  |                  | FREE SAFETY   |        | WEAK CORNER   |                    |                           |
| <b>Align:</b> 10 yds. from receiver, hash split rule. C.P.: disguise.<br><b>Key:</b> #2, #1, QB<br><b>Resp:</b> Zone deep outside 1/3. Always be in position to cover deepest receiver in your zone. Read QB & ball react.<br><br>C.P.: must know route of #2. No threat - play #1 M/M. |                              | <b>Align:</b> Between hashes 10-12 yds. deep. C.P.: disguise<br><b>Key:</b> QB, ball<br><b>Resp:</b> Zone deep middle. Use back pedal to get depth. Read QB & react to ball.<br><br>C.P.: You are responsible for TE seam. |                  | <b>Align:</b> Disguise. End up stacked w/ DE.<br><br><b>Key:</b> NB, #1, QB<br><br><b>Resp:</b> Zone weak numbers area. Outside leverage on NB to flat, hold off #1 curl. Cover 2nd man thru zone M/M.<br><b>Flow:</b> Alert for TE cross. No TE cross = zone back. |        | <b>Align:</b> 10 yds. from receiver, hash split rule.<br><b>Key:</b> #2, #1, QB<br><b>Resp:</b> Zone deep outside 1/3. Always be in position to cover deepest man in your zone. Read QB & react to ball.<br><br>C.P.: Must know route of #2. No threat = play #1 M/M. |                    |                           |
| SLOT OR MOTION TO SLOT  | DETROIT OR MOTION TO DETROIT | DETROIT WING   | MOTION TO DOUBLE | DOUBLE OUTSIDE  | DENVER | TRIPS OR MOTION TO TRIPS  | MOTION OUT TO TWIN | WHITE YELLOW ORANGE       |
| Ralph-Leo   | Ralph-Leo                    | Ralph-Leo  | FS widen         | Ralph-Leo   |        | Ralph-Leo   | Ralph-Leo          | Play it based on strength |

|   |   |
|---|---|
| <p><b>END RUN FORCE</b><br/> <b>STRONGSIDE</b></p> <ul style="list-style-type: none"> <li>- Y NORMAL: BACKER</li> <li>- SLOT: BACKER</li> <li>- TRIPS: BACKER (Ralph/Leo)</li> <li>- NOTES:</li> </ul>  | <p><b>INSIDE +15 YARD LINE</b></p>  |
| <p><b>WEAKSIDE</b></p> <ul style="list-style-type: none"> <li>- X NORMAL: SKY</li> <li>- TIGHT X: SKY</li> <li>- 1 BACK BALANCED: SKY</li> <li>- NOTES:</li> </ul>  | <p><b>ADJUSTMENTS:</b></p>  |
| <p><b>Y INSIDE RELEASE</b></p>  <p>A diagram showing a line of seven ovals representing players. A central oval is marked with an 'X'. Two arrows labeled '1' point outwards from the line. Two arrows labeled '2' point inwards towards the line. A curved arrow labeled '3' points upwards from the center. A dashed line labeled '4' points downwards from the center.</p> |  <p>A diagram showing a line of seven ovals. A central oval is marked with an 'X'. Two arrows labeled '1' point outwards. Two arrows labeled '2' point inwards. A curved arrow labeled '3' points upwards. A dashed line labeled '4' points downwards. Labels include 'Hand off', 'SS', 'S', 'M', 'C', and 'Squeeze'.</p>  |
| <p><b>Y OUTSIDE RELEASE</b></p>  <p>A diagram showing a line of seven ovals. A central oval is marked with an 'X'. Two arrows labeled '1' point outwards. Two arrows labeled '2' point inwards. A curved arrow labeled '3' points upwards. A dashed line labeled '4' points downwards.</p>   |  <p>A diagram showing a line of seven ovals. A central oval is marked with an 'X'. Two arrows labeled '1' point outwards. Two arrows labeled '2' point inwards. A curved arrow labeled '3' points upwards. A dashed line labeled '4' points downwards. Labels include 'FS', 'SS', 'S', 'M', 'C', and 'Squeeze'.</p>   |
| <p><b>FLOW Y CROSS</b></p>  <p>A diagram showing a line of seven ovals. A central oval is marked with an 'X'. Two arrows labeled '1' point outwards. Two arrows labeled '2' point inwards. A curved arrow labeled '3' points upwards. A dashed line labeled '4' points downwards.</p>  | <p><b>Flow-Flow</b></p>  <p>A diagram showing a line of seven ovals. A central oval is marked with an 'X'. Two arrows labeled '1' point outwards. Two arrows labeled '2' point inwards. A curved arrow labeled '3' points upwards. A dashed line labeled '4' points downwards. Labels include 'FS', 'SS', 'S', 'M', 'C', 'DICA 2EA', and 'ALERT CHECKDOWN'.</p> |

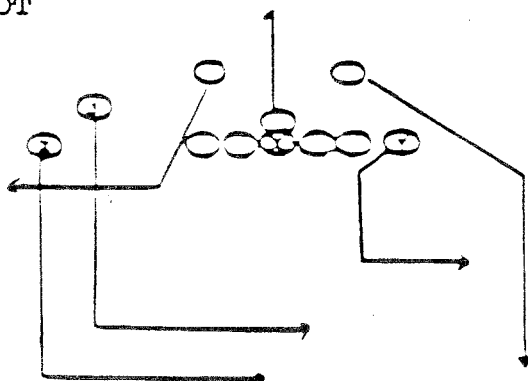
# FLOW "Y" OUTSIDE RELEASE



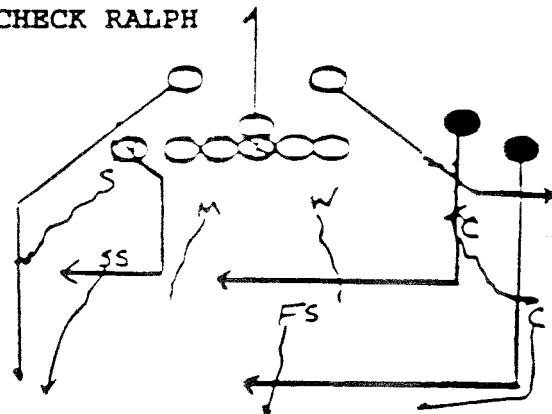
## FLOOD



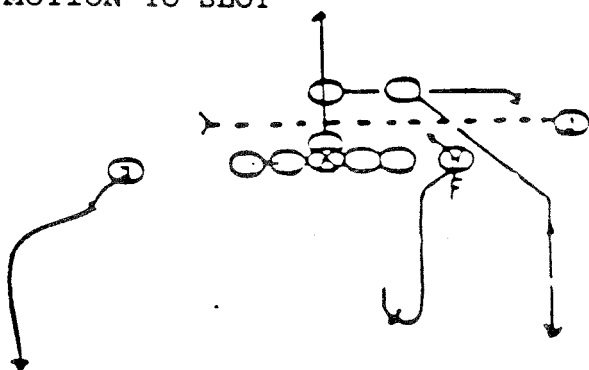
## SLOT



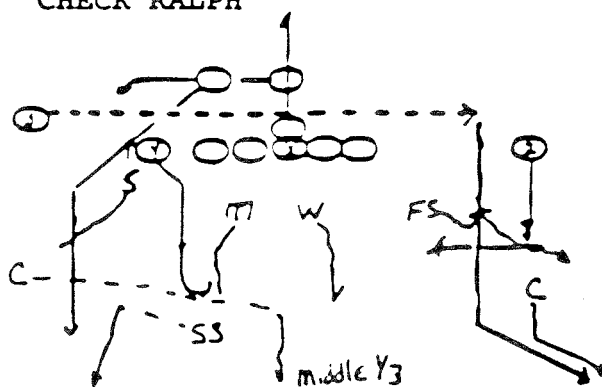
## CHECK RALPH



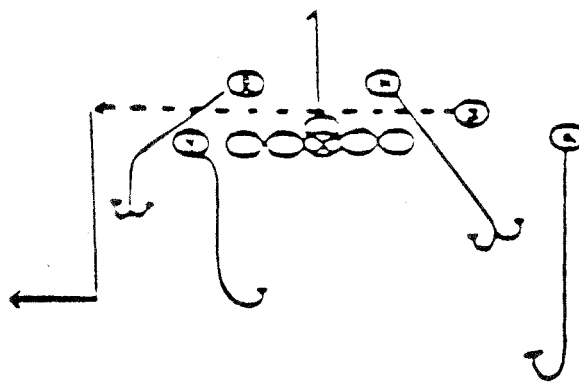
## MOTION TO SLOT



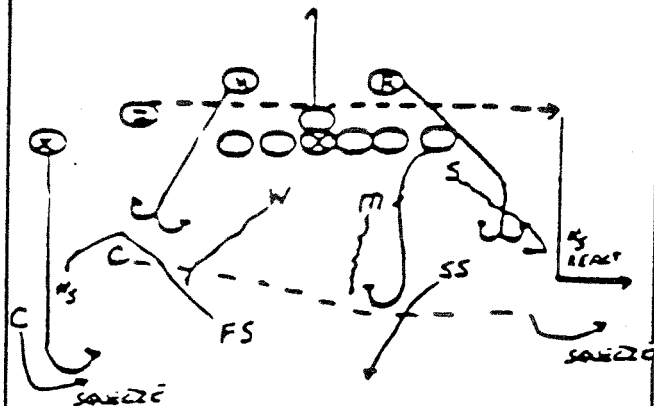
## CHECK RALPH



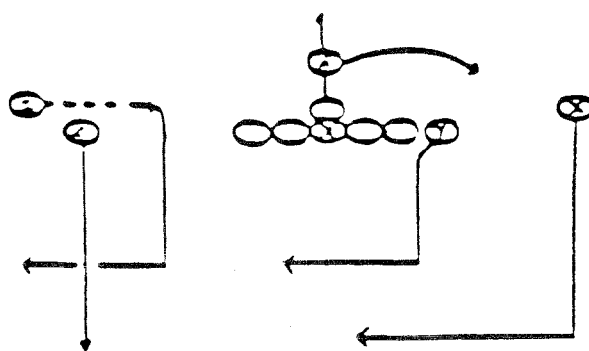
MOTION TO PRO



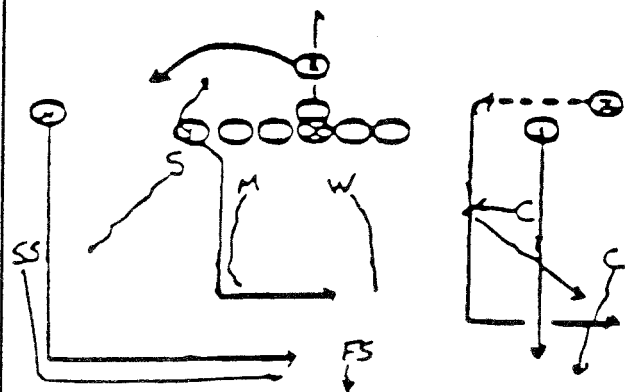
LEO TO 4 SKY



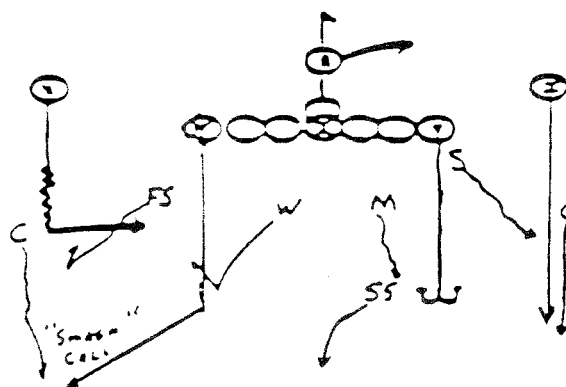
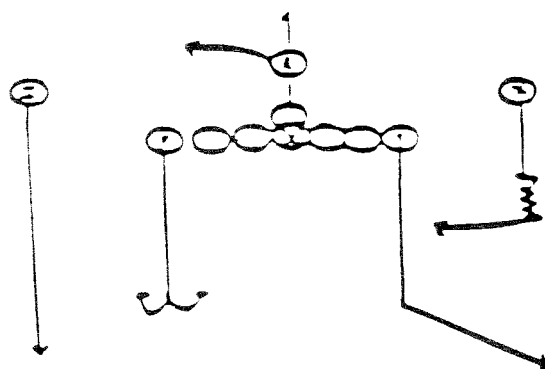
DETROIT (SHORT MOTION)



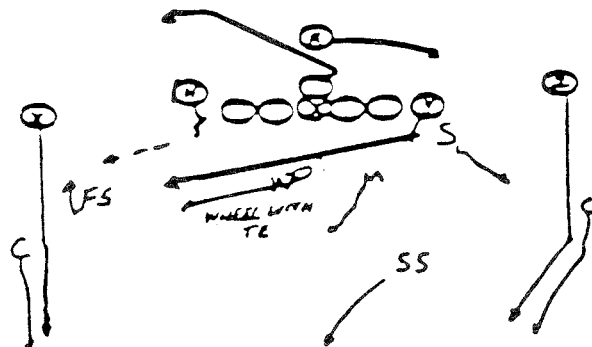
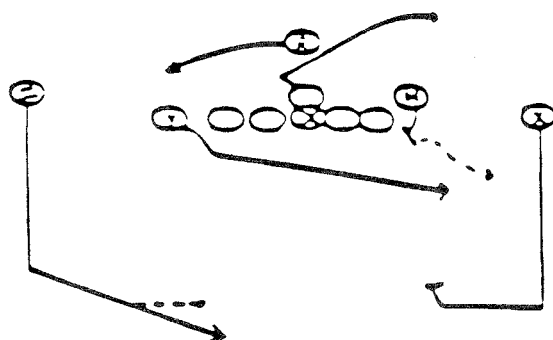
CHECK RALPH



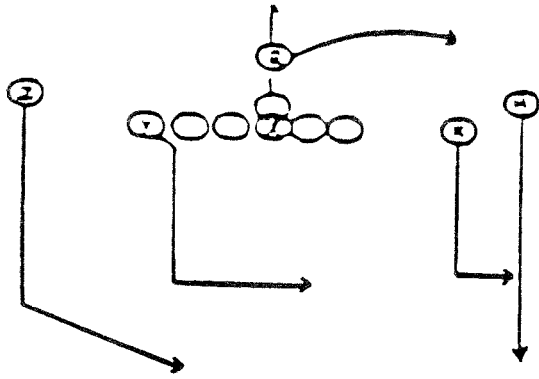
DENVER



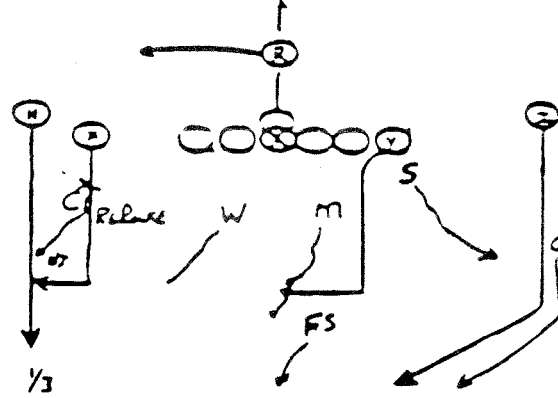
DOUBLE



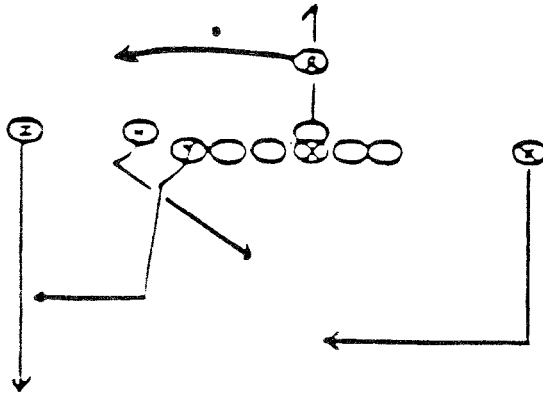
# DOUBLE OUTSIDE



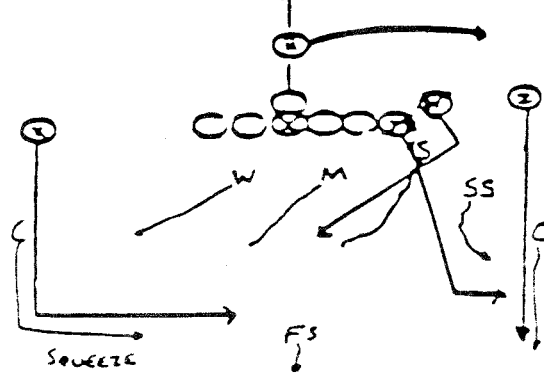
# CHECK LEO NOTE: Possible C.O.S. (Ace)



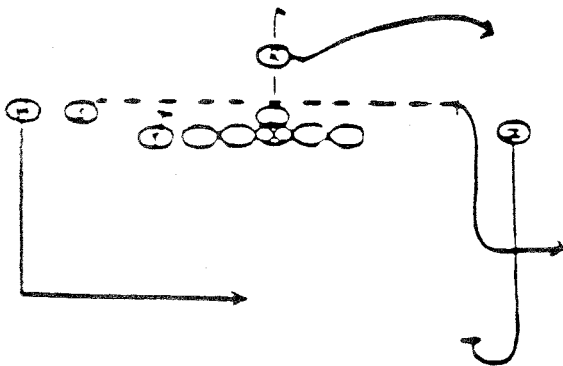
# TRIPS



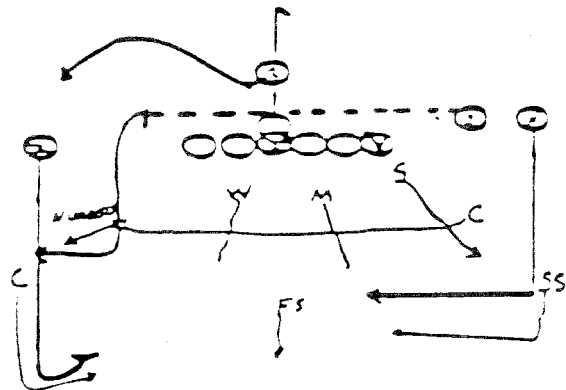
# CHECK RALPH



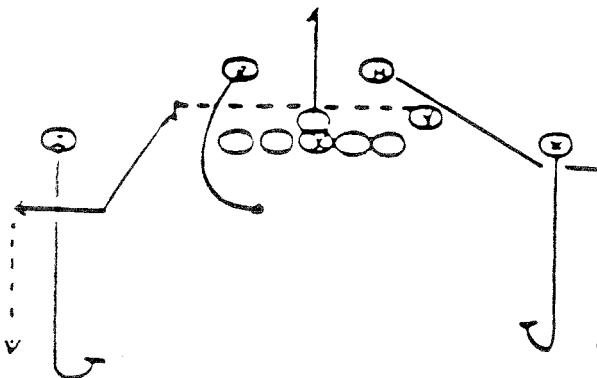
# TRIPS MOTION TO DETROIT



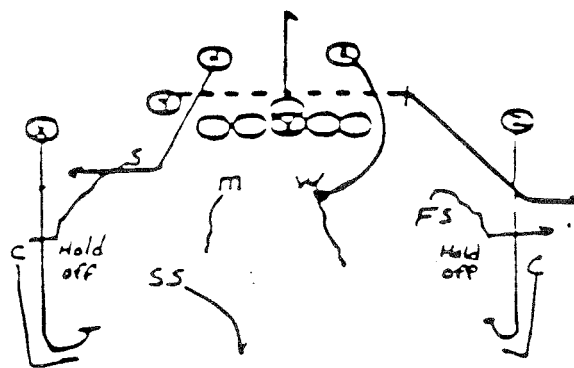
# RALPH TO LEO



# "Y" MOTION



# \*Zone It\*



## COVER 8

A weak rotated zone with 4 underneath and 3 deep. SS favors strongside as dictated by route of #2 receiver.

|               |  |
|---------------|--|
| STRONG CORNER | = Zone outside 1/4.  |
| STRONG SAFETY | = Zone strongside seam-post area. Cover #2 seam M/M.           |
| FREE SAFETY   | = Zone weakside 1/3 to 1/2 based on release of #1 and #2 weak. |
| WEAK CORNER   | = Force #1 outside and zone weak flat area.                    |
| SAM           | = Zone drop to numbers area.                                   |
| MIKE          | = Zone drop to strong hook area.                               |
| WILL          | = Zone drop to weak hook area.                                 |

NOTE: 2 back Y motion = check Ralph.

### ADDITIONAL CALLS:

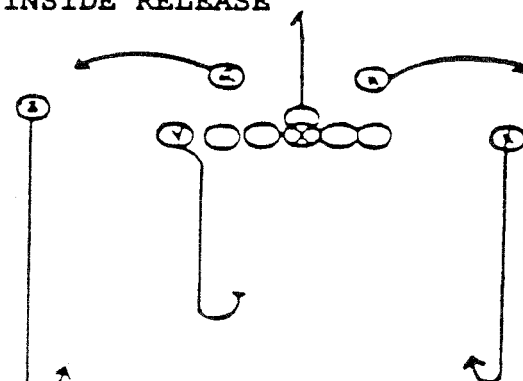
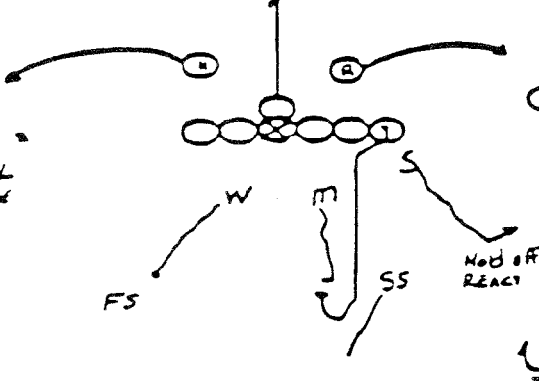
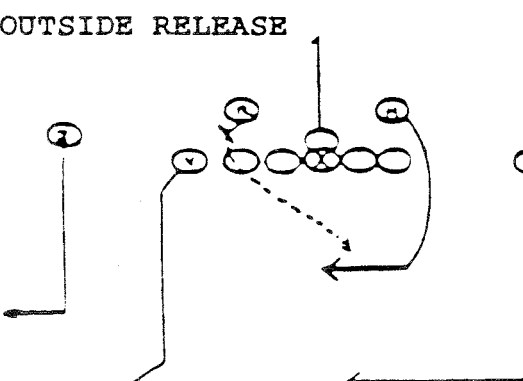
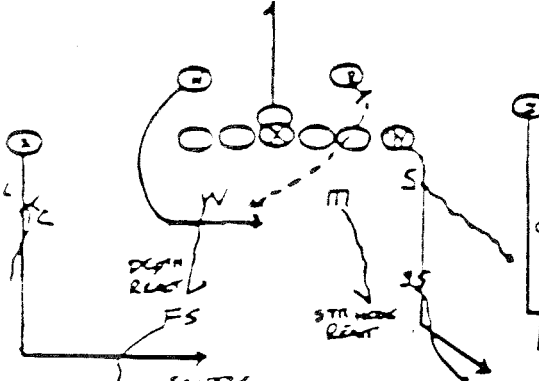
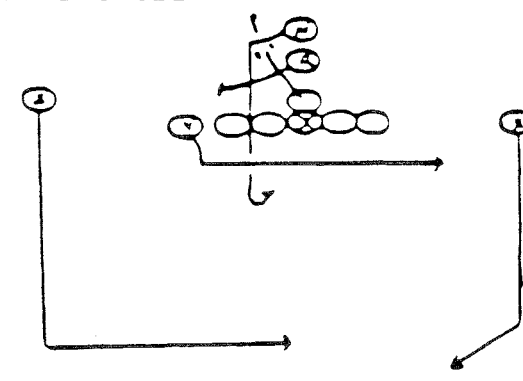
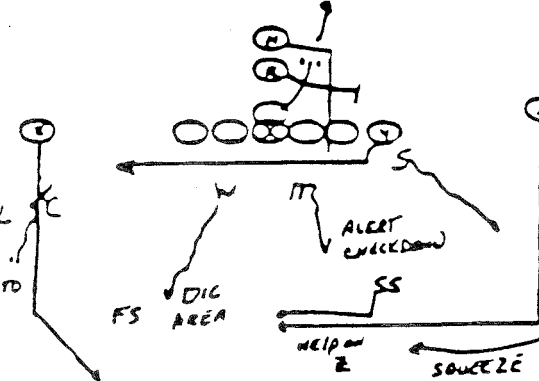
|              |   |
|--------------|---|
| BUMP (CORA)  | = Flat defender align tight on receiver and re-route. |
| SOFT (CATHY) | = Flat defender align 7 yds. Read #2 release.         |



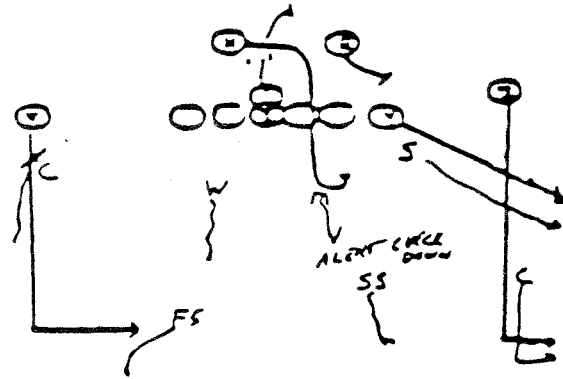
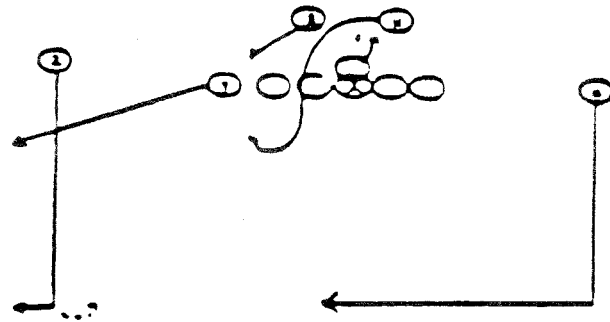
Diagram illustrating various seam types and their corresponding symbols:

- NUMBERS DROP
- OUTSIDE 1/4
- STRONG SEAM-POST
- STRONG HOOK
- WEAK HOOK
- WEAK 1/2
- FLAT

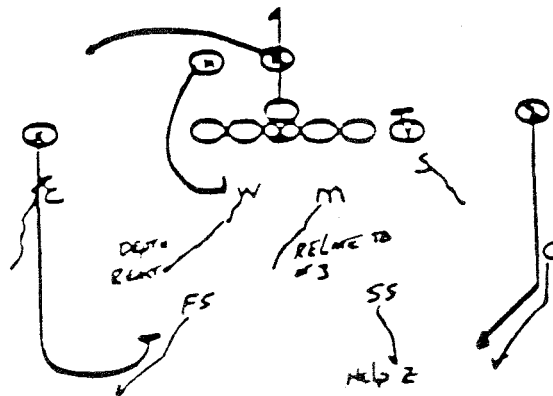
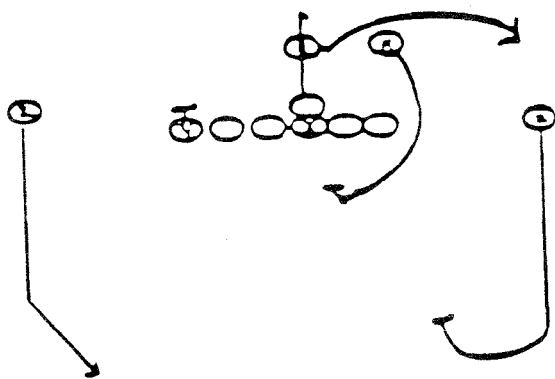
Base Coverages 38

|  |  |
|--|--|
| <p><b>END RUN FORCE</b><br/><b>STRONGSIDE</b></p> <ul style="list-style-type: none"> <li>- Y NORMAL: BACKER</li> <li>- SLOT: BACKER</li> <li>- TRIPS: BACKER (Box)</li> <li>- NOTES: Sam must contain all blocks vs. Trips.</li> </ul> | <p><b>INSIDE +15 YARD LINE</b></p>   |
| <p><b>WEAKSIDE</b></p> <ul style="list-style-type: none"> <li>- X NORMAL: CLOUD</li> <li>- SLOT/TIGHT X: BACKER (ch. Ralph)</li> <li>- 1 BACK BALANCED: CLOUD</li> <li>- NOTES: Go to backer support if #2 is flexed.</li> </ul>       | <p><b>ADJUSTMENTS:</b></p>   |
| <p><b>Y INSIDE RELEASE</b></p>   |   |
| <p><b>Y OUTSIDE RELEASE</b></p>   |  |
| <p><b>FLOW Y CROSS</b></p>    |  |

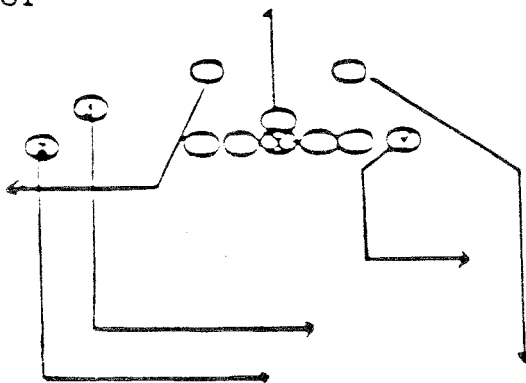
# FLOW "Y" OUTSIDE RELEASE



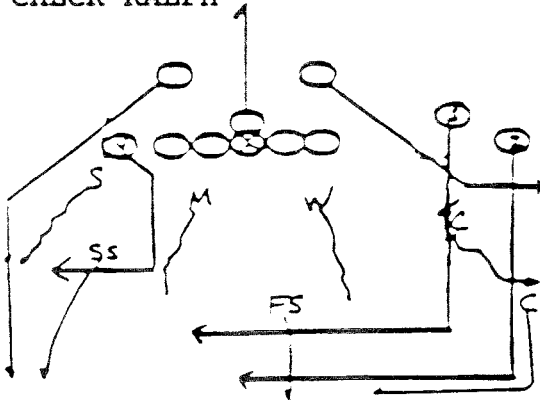
## FLOOD



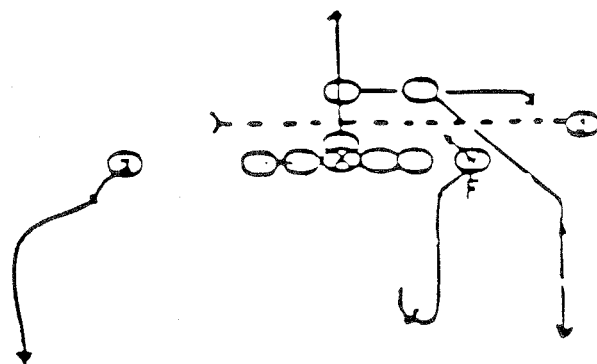
## SLOT



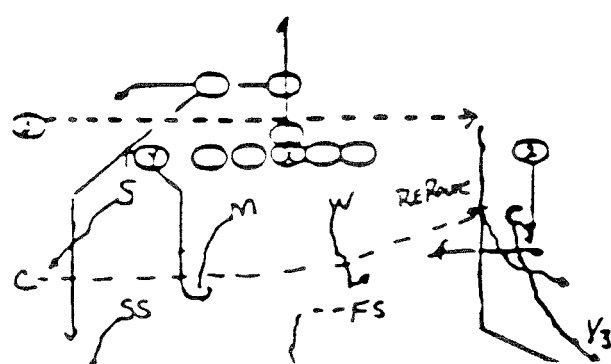
## CHECK RALPH



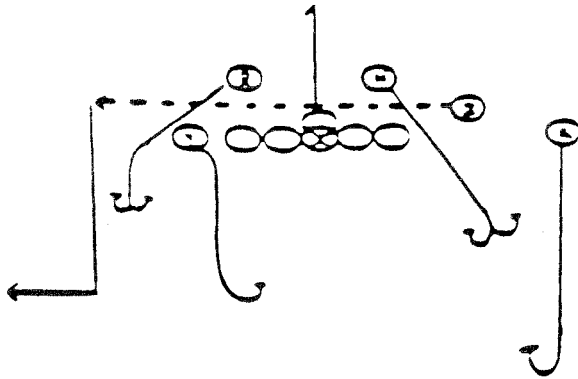
## MOTION TO SLOT



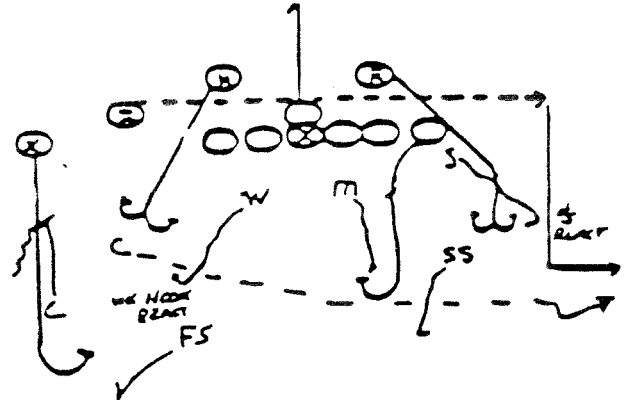
## CHECK RALPH



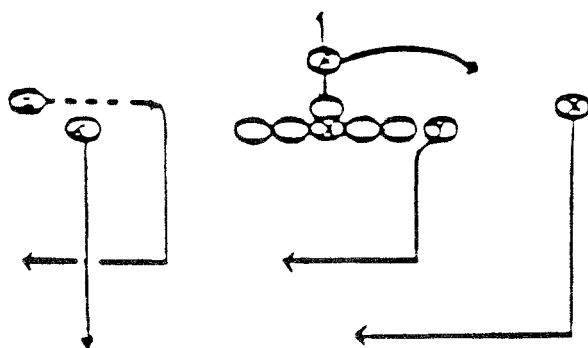
MOTION TO PRO



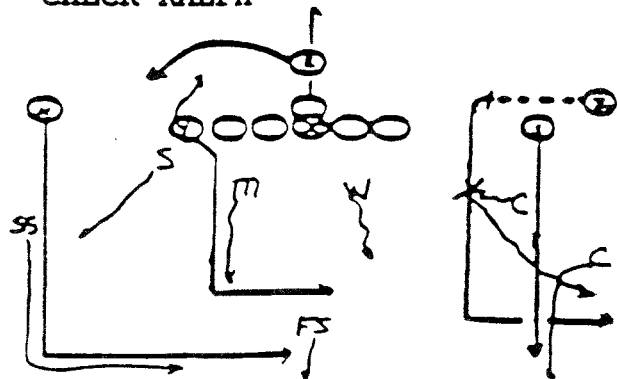
LEO TO 8



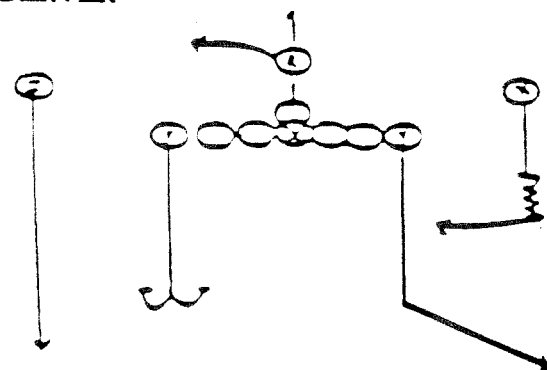
DETROIT (SHORT MOTION)



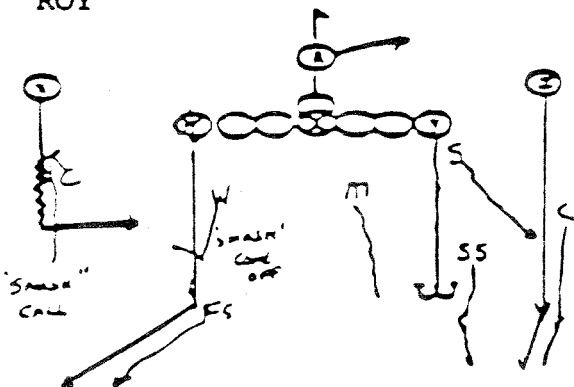
CHECK RALPH



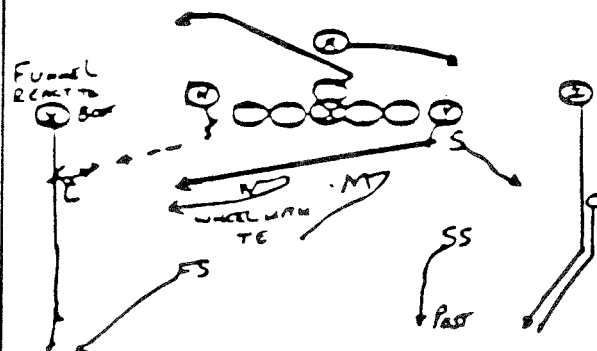
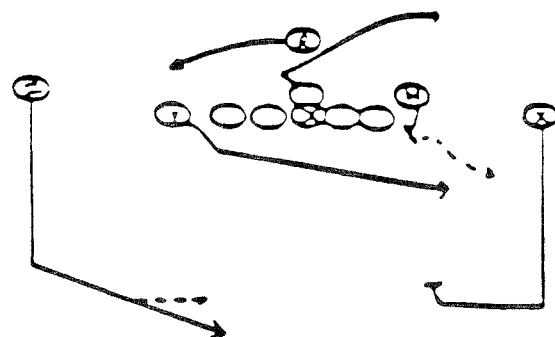
DENVER



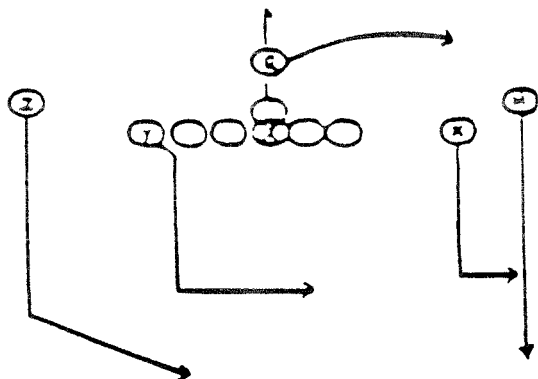
ROY



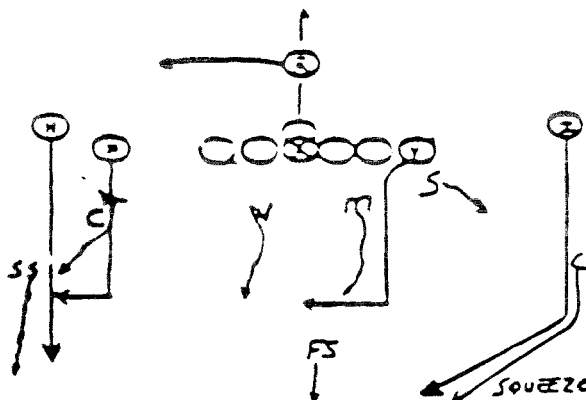
DOUBLE



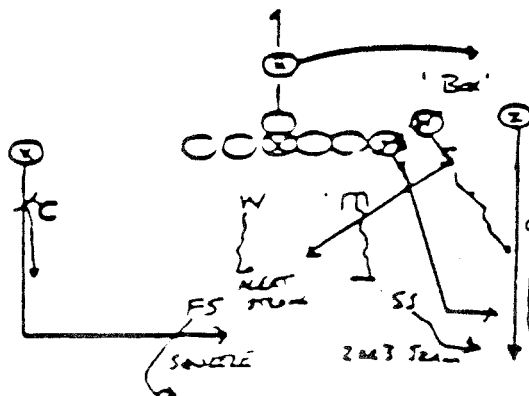
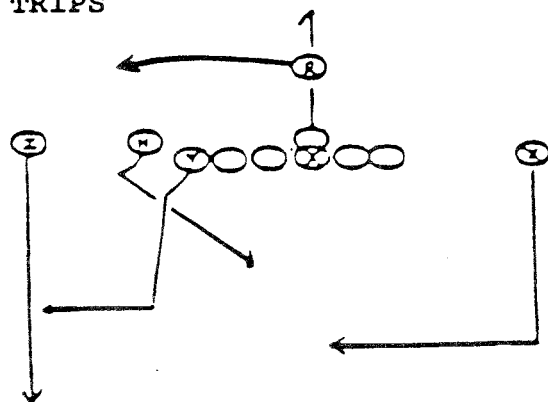
# DOUBLE OUTSIDE



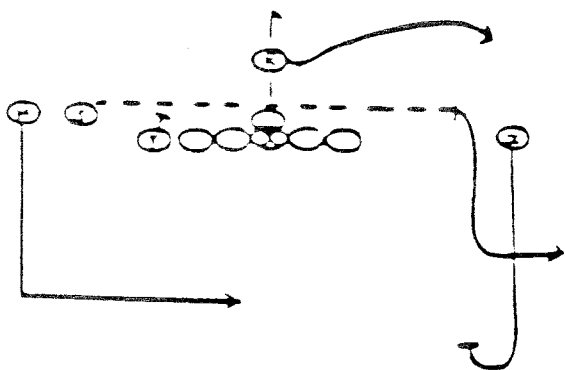
# CHECK LEO NOTE: Possible C.O.S. (Ace)



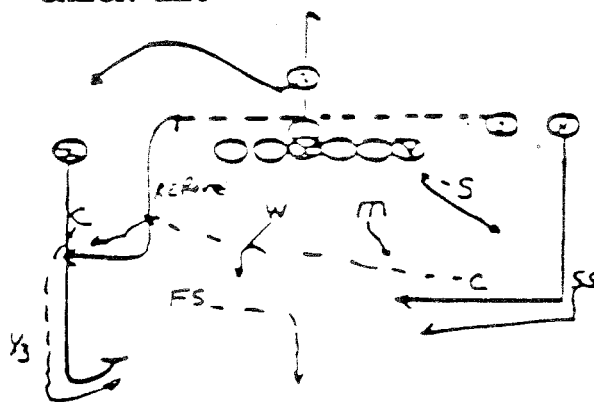
# TRIPS



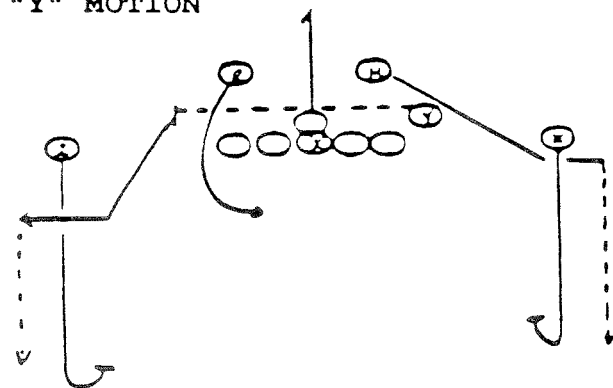
# TRIPS MOTION TO DETROIT



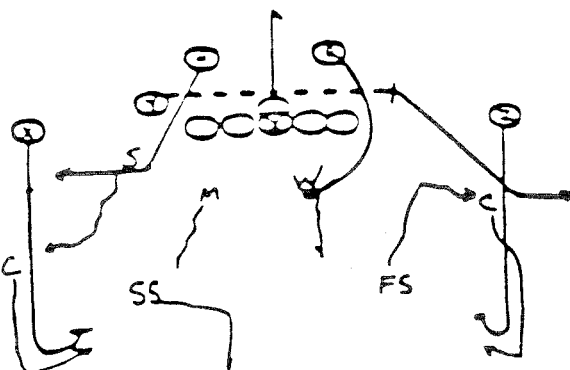
# CHECK LEO



# "Y" MOTION



# CHECK RALPH



## ONE MINUTE DEFENSE - "BONUS TIME"

Probably the most important time of a ball game is one minute to go in either half. The last minute of either half can have a direct bearing on who wins and who loses. A team that can handle itself through this period without confusion and frustration can win football games. It is imperative that in this critical time period we maintain POISE, CONFIDENCE and EXECUTE. In other words, a successful defensive unit must be able to control the play in these situations.

Generally speaking, one of two situations prevail at these two critical time periods in the game.

### WE ARE LEADING...

We must expend some time by helping to run out the clock and under no circumstances contribute to their attempt to score.

1. Our defensive plan will be governed by the number of points needed by our opponent (a touchdown vs. a field goal). We will have several alternatives which will be called by your defensive signal caller. We may or may not have the benefit of a defensive huddle. It is important that we keep an open line of communication between all members of our defensive team.
  - a. Do not allow ball carrier to get out of bounds. Protect sideline.
  - b. Don't request a time out unless it is called from the sideline. (Always be heads up for "Time Out" call from sideline).
  - c. No penalties - they stop the clock.
  - d. Be slow unpile and getting back to the L.O.S. (\*AWARE OF OFFICIALS!)

### WE ARE BEHIND...

We must conserve time and regain possession of the ball.

1. Don't relax in your assignment but do everything possible to knock the ball from your opponent's hands.
2. Unpile quickly and get into your defensive huddle.
3. Force the ball carrier out of bounds.
4. Our defensive signal callers watch the sideline for instructions as to when to use a called time out.

**THE CLOCK**  
(DURING THE LAST TWO MINUTES)

**CLOCK STARTS ON SNAP**

1. After TWO MINUTE warning.
2. After out-of-bounds play.
3. After incomplete pass.
4. After called time-out.
5. After touchback.
6. After change of possession.
7. After DEFENSIVE foul.
8. After a fumble that goes backward and out-of-bounds. (Ball spotted at point ball went out).

**CLOCK STARTS ON REFEREE'S SIGNAL**

- \*1. After QB tackled attempting to pass. (SACK)
- \*2. After an offensive foul.
3. After measurement for first down.
4. After excessive play NOT caused by either team. (crowd noise)
- \*5. After time-outs over the legal three. (cost = 10 seconds on the clock)
6. After any equipment repair.
7. After a fumble that goes forward and out-of-bounds. (Ball spotted at spot of fumble)

\*Change from normal game situation.

**DURING THE LAST TWO MINUTES:**

1. More than three time-outs are NOT allowed except for a designated INJURED player who must be removed from the game (designated by Captain or Coach). This fourth time-out is NOT PENALIZED. A fifth or more time-out is penalized five yards.
2. In the above cases of time-outs for injury, if the team is behind or the score is tied, time is in with the REFEREE'S SIGNAL but play cannot start until 10 SECONDS is run off the clock. The UMPIRE will signal the quarterback when the 10 seconds is up and play can start. Either half can end during this 10 SECOND period.

While an offensive team runs one play every 46 to 48 seconds under normal situations, the average "no huddle" time needed to run a play is 24 to 28 seconds. When they are behind in the last minute of a game, the average time needed to run a play is 13.7 seconds!!!!

Each member of our defensive team must know the "No Huddle" calls from various defensive groupings for the week and respond IMMEDIATELY to the "call."